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MISCELLANEOUS

Another Styled-by-HANSON feature — this alphabetic index for your convenience

Wednesday, Jan. 21, 1981
The CHRONICLE and
The SCOTT COUNTY JOURNAL
'YOUR local newspapers'

Austin Senior Center Holds Grand Opening

(The following information and brief history of the Jennings Township Senior Citizens was compiled by Paul Levy, an attorney with Legal Services Organization of Indiana, who aided in organizing the group.)

by PAUL LEVY

Slightly over a year ago, some senior citizens at their monthly pitch-in dinner suggested that Austin should have a senior center and mealsite.

Everyone wholeheartedly agreed.

At the end of January 1980, a delegation of local senior citizens met with Thelma Bertrand, Director of Southeast Indiana Council on Aging Area 14. She encouraged the group to 'get its act together' and told them that if they did, Area 14 could probably help.

A group of area senior residents volunteered to undertake the major organizing, planning, and effort that would be needed. In February, the group contacted the Austin Town board and Jennings Township Trustee Virgil Johnson, who each pledged their support.

Although some people felt that nothing would happen, the group solidified and moved ahead. It investigated several possible mealsites, continued discussions with Area 14, initiated discussions with the town board and the U.S. Department of Housing and Urban Development (HUD) concerning rehabilitation funds for the senior center, and planned fund raisers - all to 'keep the ball rolling.'

This group felt that one thing was particularly critical - senior citizens should be at the center of a senior citizens' center.

They should not simply be the ones who are fed at a center or the ones who merely clean up after the meals. They should not just sit in the center waiting for others to figure out what is best for them and provide it.

Therefore, after much preparation, in May 1980, the group created the not-for-profit corporation, Austin Senior Citizens (later to be renamed the Jennings Township Senior Citizens).

Any senior citizen who is a resident of the township can become a member of the local senior citizen group. The group provides a structure for seniors to easily participate in deciding what will go on at the center as well as planning and developing those activities.

As stated in the group's legal incorporation papers, the group's purpose is:

--To generally help senior

(continued on page 21)

Senior Center Holds Opening

(CONTINUED)

citizens in the community;

--to provide services for senior citizens such as meals, recreation, fellowship, education and information, phoning and visiting, and otherwise help seniors who cannot help themselves, and any other services which are needed.

In August, township trustee Johnson found a meal site and purchased and equipped it with Federal Revenue Sharing Funds. The township agreed to lease the mealsite to the local senior citizen group for 20 years for $1.

In September, the purchase was completed and new rehabilitation plans were drawn up. In October, HUD granted permission to the town allowing them to use a portion of the Community Block Grant fund to rehabilitate the building located at 92 Broadway in Austin.

Finally on December 22, the center opened its first program - the meal program operated by Area 14.

Austin's Vicey Spicer was named as meal program supervisor and Charles Brandenburg was named property manager by Trustee Johnson.

In the meanwhile, the Jennings Township Senior Citizens are pushing ahead.

The local group is making sure that all seniors are welcome at the center. It is beginning to involve many seniors in decisions as to what activities are wanted and needed.

Additionally, the group is raising funds to pay for utilities, insurance, and other necessary items.

Today, establishing the Jennings Township Senior Citizens' Center is our history and making it grow is our future. Seniors are essential to both. We hope the whole community gets behind us.

Dignitaries from state, area, and local agencies for the aged and aging were on hand Friday for the grand opening of the Jennings Township Senior Citizens Center at 92 Broadway in Austin.

From left to right are Mrs. Elsie Deaton, local senior citizen representative; Thelma Bertrand, executive director of Are 14 South Central Council for the Aged and Aging; Max Mason, president of the area council for the aged and aging; Allen Finkbiner, member of the area advisory council; Angie Cook, nutrition director for area 14; and Maurice Endwright, executive director of the State Commission on Aging.

(Staff photos)

THE LOUISVILLE TIMES
MONDAY, JUNE 13, 1983

The Courier-Journal, Friday morning, September 19, 1980

. . . New Albany woman pushes for jobs for the elderly

Glenn Rutherford

Courier-Journal columnist

NEW ALBANY, Ind. — Ruth Bledsoe is a jewel of a woman, with eyes that sparkle when she talks and a smile as contagious as a good case of measles.

And Ruth Bledsoe is a woman with a mission. She wants to find jobs for elderly people, wants to convince employers that they'd be doing themselves a favor if they'd hire a senior citizen or two.

Mrs. Bledsoe is 67 herself, and after a life of working — as a nurse, as a Head Start staff member and now as a part-time employment counselor for the Indiana Employment Security Division — she knows how important a job can be, especially to someone accustomed to working.

"We take people who've been working all their lives and suddenly tell them they're not needed anymore," she said yesterday. "They walk in one day and, just like that, they're too old."

That, Mrs. Bledsoe says, isn't the way things should be.

"A person 65 or 70 can do almost any job someone 30 or 35 can do," she insists. "And in most cases they'll do it better."

The reason for this is simple, she says. Older people really want to work. They're dependable, more consistent, more motivated in many cases than their younger counterparts.

"For some reason, our society has the mistaken idea that when you get past 60 you can't reason anymore, you can't think. But the fact is our reasoning powers are usually at their best between 45 and 80. And chances are, if you can't cope with life at 75, you couldn't cope with it at 30 either."

Mrs. Bledsoe started her latest job Aug. 4, and so far she has more would-be employees than employers. She's encountered more than a little prejudice against the elderly, and like most prejudices, this "age-ism" isn't grounded in logic or fact but, instead, in misunderstanding and misconception.

"That's part of my job, of course, to resolve these prejudices of people who think a person's age has something to do with his skils or desire to work. It doesn't, and that's all there is to it."

So far, Mrs Bledsoe has a list of about a dozen would-be workers; 25 or 30 others have called, but they must register at the Employment Security Office on Grant Line Road before she can help them find work.

"You'd be surprised how eager some of these people are" she said. "Of course, the way the economy is these days, it's easy to understand. You just have to supplement Social Security, and you know how much trouble people on fixed incomes are having."

So, Mrs. Bledsoe is trying to help. So far she's found a job for a seamstress and a yard worker, and there are others waiting in line.

"We have this 71-year-old lady, just as cute as a button, who's a bookkeeper. She lost her job with a company that said she got too old, and now she wants to either work at a small firm or maybe do bookkeeping in her home. Her handwriting is excellent, she's sharp as a tack, witty, alert, drives her own car and whoever gets her will be getting a prize."

Well, the Employment Security Division has a prize in Mrs. Bledsoe; when she talks about her job and the problems people her age face, she does so with a gritty forcefulness that says she's all business.

"'Old Rockin' Chair's Got Me Down' just isn't my theme song, and it isn't for a lot of other people, either," she said. "You know, I've walked into places looking for work and have them look up here (at her silver-gray hair) and say nothing doing. They just don't know what they'd be getting.

"You know, if employers could just see all the benefits they'd get from hiring an older person. They're more determined to keep a job once they get it, they're punctual, dependable, very stable. And younger people can usually benefit from working with an older person, too."

She's right, of course. And if you think you might have a job for one of the people on Mrs. Bledsoe's list, give her a call at the Employment Security Office.

She's eager to hear from you.

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THE BANNER-GAZETTE, Wednesday, January 20, 1982

Austin senior citizens enjoyed the food, fun, and fellowship last Friday during the grand opening celebration for the local senior citizens' center.

An open house for area citizens will be held this Sunday from 12:00 noon to 3:00 p.m., it was announced.

(Staff photos)

Senior Center Plans Second Open House

For those Austin area residents who were unable to take part in the recent grand opening of the Jennings Township Senior Citizens' Center, another open house is planned for this Sunday, noted local senior citizens' spokeswoman Elsie Deaton.

The open house is scheduled from 12:00 noon to 3:00 p.m., she noted.

"Everyone is invited to stop in, have some refreshments, and join the local seniors and the entire community in celebration," said Mrs. Deaton.

The Tribune, New Albany, Ind., Wed., March 4, 1981

Senior Olympics Builds New Image

Feb. 18, South Central Indiana Council on Aging and Aged, Inc. met with other Community Organizations to introduce the idea of a Southern Indiana Senior Olympics.

Among those attending the meeting were: David M. Ragland, Nursing Home Manager; Rodger K. Caldwell and Linda Stocksdale, Jeffersonville Parks and Recreation; Betsy Gunther and Gayle Schorr, Central Indiana Council on Aging; Carl and Katherine Morton, Scott County Mental Health Center; Faith Steele, Southeastern Rehabilitation Center; David McCarty, Indiana Rehabilitation Services; Kathy Wilkerson, New Albany Parks and Recreation; Forrest Byrne, Union Bank and Trust Company; Cindy Andres, New Albany Health Department; Max Mason, president of the board of directors of South Central Indiana Council for the Aging and Aged, Inc.; Thelma Bertrand, executive director; and other staff members; Dorothy Manns, Pam Montgomery, Peggy Brooker, Bobbie Napier, Pat Sharber, Linda Codey, and Frank Mardis.

Betsy Gunther, Senior Olympics Advisor for the Central Indiana Council on Aging in Indianapolis explained the structure for their Senior Olympics Program.

Some of the events outlined were basketball, bowling, bridge, checkers, a dance contest, hobby show, swimming, track and field, crafts and many more.

Mrs. Gunther provided a mood setting quote by a senior participant in the Indianapolis Senior Olympics, Jim Foster who stated, "Senior Olympics will not add more years to your life, but will add more life to your years."

For further information concerning this program, phone Pam Montgomery at 948-9161.

Township Senior Citizens Plan Many Special Events

Several special events are planned at the Jennings Township Senior Citizens Center, located at 92 Broadway in Austin, related mealsite director Vicie Spicer this week.

This coming Monday, March 16, the monthly free blood pressure screening clinic is planned between 11 a.m. and 1 p.m. as a health service provided by the South Central Indiana Council for the Aging and Aged Inc., Area 14 Agency. Anyone age 60 and older may take advantage of the free clinic. The checks are not meant to take the place of a regular doctor visit, it was explained but may be able to point out when further screening by a doctor is advisable.

The following Tuesday, March 24, a spokesman from the Madison Social Security office will be on hand at 1 p.m. to talk to senior citizens about SS and other program benefits. Again, anyone is welcome to attend the session.

Mrs. Spicer also invited persons to call the Senior Center at 794-9276 and make meal reservations for those two days. Meals are served to those age 60 and older each weekday except holidays if they call before 1 p.m. the day prior to when they wish to eat, said Mrs. Spicer.

Mayor Richard Vissing, center, signed a proclamation in observance of "National Older Workers Week." Pictured with the Mayor are Susan Higgins, left, who is employed by the Clark County Parks and Recreation Department and Ruth Bledsoe, a representative from the Indiana Employment Service. The 15th anniversary of the founding of the Green Thumb program was also celebrated during Older Workers Week.

, Tribune, New Albany, Ind., Wed., March 11, 1981

LEARN CPR — Bobbie Napier, director of the Council for Older Americans and Gert Vertrees, bookkeeper, demonstrate cardio pulmonary resuscitation. CPR is being offered by the Retired Senior Volunteer Program to staff persons of the Council for Older Americans and R.S.V.P. volunteers.

Senior Citizens Learn CPR

Precautionary measures are taken to insure the well-being of Senior Citizens.

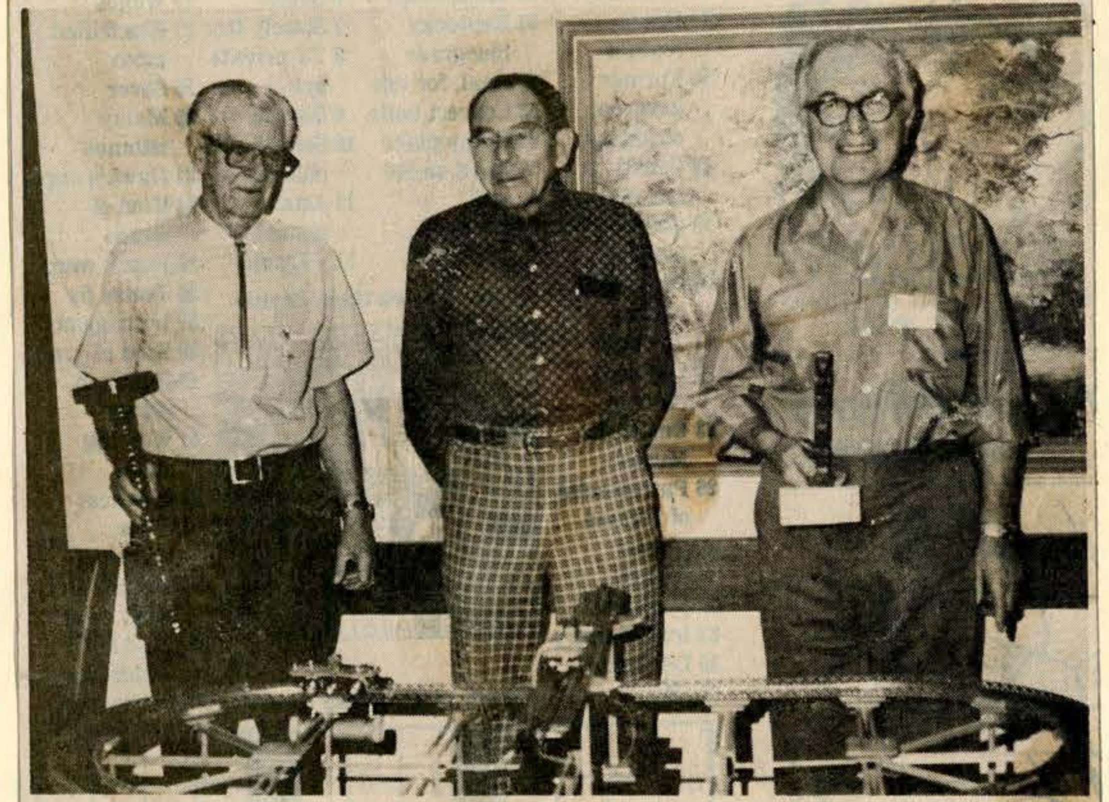
The Retired Senior Volunteer Program, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., is providing training in cardio pulmonary resuscitation to staff members of the Council for Older Americans and the South Central Indiana Council for the Aging and Aged, Inc.

Bobbie Napier, director of the Council for Older Americans and Gert Vertress, bookkeeper demonstrate cardio pulmonary resuscitation.

C.P.R. is the first aid technique in cardiac arrest or respiratory failure. Also included in the course are rescue methods for choking. This training will equip van drivers and other staff persons to deal with any emergency that may arise in their work with the elderly.

TUESDAY, MARCH 17, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA



A program in observance of "National Older Workers Week" was held at the Ken Ellis Center, Jeffersonville. Viewing a crafts exhibit made by the senior citizens who attend a weekday program at the Ken Ellis Center sponsored by the South Central Indiana Council for the Aging and Aged, Inc., pictured from left are W. C. Fischer, Reinhold Kraska and Franklin Lahr. Other programs honored at the special recognition ceremonies were Green Thumb Inc. and the Indiana Employment Services.

THE BANNER-GAZETTE, Wednesday, March 18, 1981

Deadline set for nominating Area 14 Older Hoosier

Residents of Floyd, Clark, Harrison, and Scott counties, 65 years of age and older are eligible for the honor of 1981 Area 14 Older Hoosier. They will be judged according to achievements after age 60, involvements during the past year, and achievements prior to age 60.

The Annual Conference of the Indiana Federation of Older Hoosiers is to be held this year in Lafayette. Nominations for Older Hoosier of the Year should be in the South Central Indiana Council for the Aging and Aged Inc. office by Thursday, Apr. 9.

An official nomination blank may be obtained by calling 948-9161. Area 14 of the Council for the Aging will accept nominations from local clubs, organizations, or individuals, and will select one nominee for submission to the State Advisory Council.

The purpose behind the award is to recognize an outstanding older Hoosier for a lifetime of service to his/her community, state, and to mankind; to encourage continued achievement and service; and to interpret to the public the pleasures and challenges of retirement living.

Nomination blanks must accompany a typewritten statement or personal resume explaining the contributions and involvements of the candidate. A black-and-white photograph of the individual should be included.

Previous Area 14 Older Hoosiers are Helen Lacy (1976), Joe Rhoads (1977), Flora Brown (1978), Kathyrn Eicholz (1979), and Ada Goldman (1980).

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HISTORY

of

JENNINGS TOWNSHIP SENIOR CENTER

On January 16, 1980, some Seniors at their monthly pitch-in dinner suggested that Austin should have a senior center and meal-site. Everyone agreed. On Janaury 29, a delegation met with Thelma Bertrand, Director of Southeast Indiana Council on Aging ("Area 14"). She encouraged the group to get its act together and told them that, if they did, Area 14 could probably help.

A group of people volunteered to undertake the major organizing and planning and leg-work that would be needed. In February, the group first contacted Harvey Goodin, Town Board President, and Virgil Johnson, Jennings Township Trustee, who both pledged support.

Although some people felt that nothing would happen, the group solidified and moved ahead. It investigated several possible sites (and in fact secured one site that later was not used), continued discussions with Area 14, began discussions with the Town and the U.S. Department of Housing and Urban Development concerning rehabilitation funds, investigated various costs, planned fund-raising, and kept the ball rolling.

This group felt that one thing was particularly critical: SENIORS SHOULD BE AT THE CENTER OF A SENIOR CENTER. Seniors should not simply be the ones who are fed at a Center or the ones who merely clean up after the meals. Seniors should not just sit in the Center waiting for others to figure out what is best for them and provide it.

Therefore, after much preparation, on May 19, 1980, the group created a non-profit Corporation of Seniors, Austin Senior Citizens, Inc. (to be re-named Jennings Township Senior Citizens, Inc. at its first Annual Meeting in February, 1981). The group became the initial Board of Directors (the first full board will be elected by seniors at the February Annual Meeting). Any senior citizen can belong to this Corporation. The Corporation provides a structure for seniors to easily participate in deciding what will go on at the Center and in planning and developing those activities. The legal incorporation papers state the Corporation's purposes:

-OVER-

2d

To generally help senior citizens in the community;
To establish and operate a Center for senior citizens;
To provide services for senior citizens such as meals, recreation, fellowship, education and information, phoning and visiting and otherwise helping seniors who cannot help themselves, and any other services which are needed.

In August, a fantastic thing happened. Virgil Johnson found a site and extra Revenue Sharing funds of Jennings Township to buy and equip it. The Township agreed to enter into a Lease with Austin Senior Citizens, Inc. (at a dollar a year for 20 years). This Lease places seniors at the center of the Center.

In September, the purchase was completed and new rehabilitation plans were drawn up. In October, HUD granted permission to the Town to use some Block Grant funds to rehabilitate the building, and the prior agreement between Austin Senior Citizens, Inc. and Area 14 for the meal program was re-arranged to apply to the new site, 92 Broadway.

After some administrative work by President Goodin and the Town Board, Carl Mullin and his rehab crew took over in December and did a superb job. On December 22, 1980, the Center opened its first program--the meal program operated by Area 14.

Austin's own Vicey Spicer has been hired by Area 14 as the meal program supervisor. Charlie Brandenburg has been named "property manager" by Virgil Johnson to make sure that Austin Senior Citizens, Inc. carries out its Lease obligations. Virgil Johnson himself continues to make important contributions, providing vital equipment and even is considering buying a van for the Center.

Meanwhile the Senior Corporation is pushing ahead. There is much to do. It is making sure that ALL seniors are welcome at the Center. It is beginning to involve many seniors in decisions as to what activities are wanted and needed and in efforts to develop these desired activities. It is fulfilling its Lease obligations to maintain the Center and pay utilities. It is raising funds to pay for utilities, insurance, and other necessary items.

Today, establishing the Center is our history and making it grow is our future. Seniors are essential to both. We hope the whole community gets behind us.

The Initial Board of Directors of Austin Senior Citizens, Inc. (soon to be called ~~Jennings Township~~ Senior citizens, Inc.): Mary Riley (Interim President), Orel Smith, (Interim Vice-President), Edith Begley* (Interim Treasurer), Elsie Deaton, (Interim Secretary), Russell Rippey, Faith Rippey, Layton Smith, Hiley Sebastian, Marti Algeier*. (*non-senior members of the Initial Board). History Prepared: January 12, 1981.

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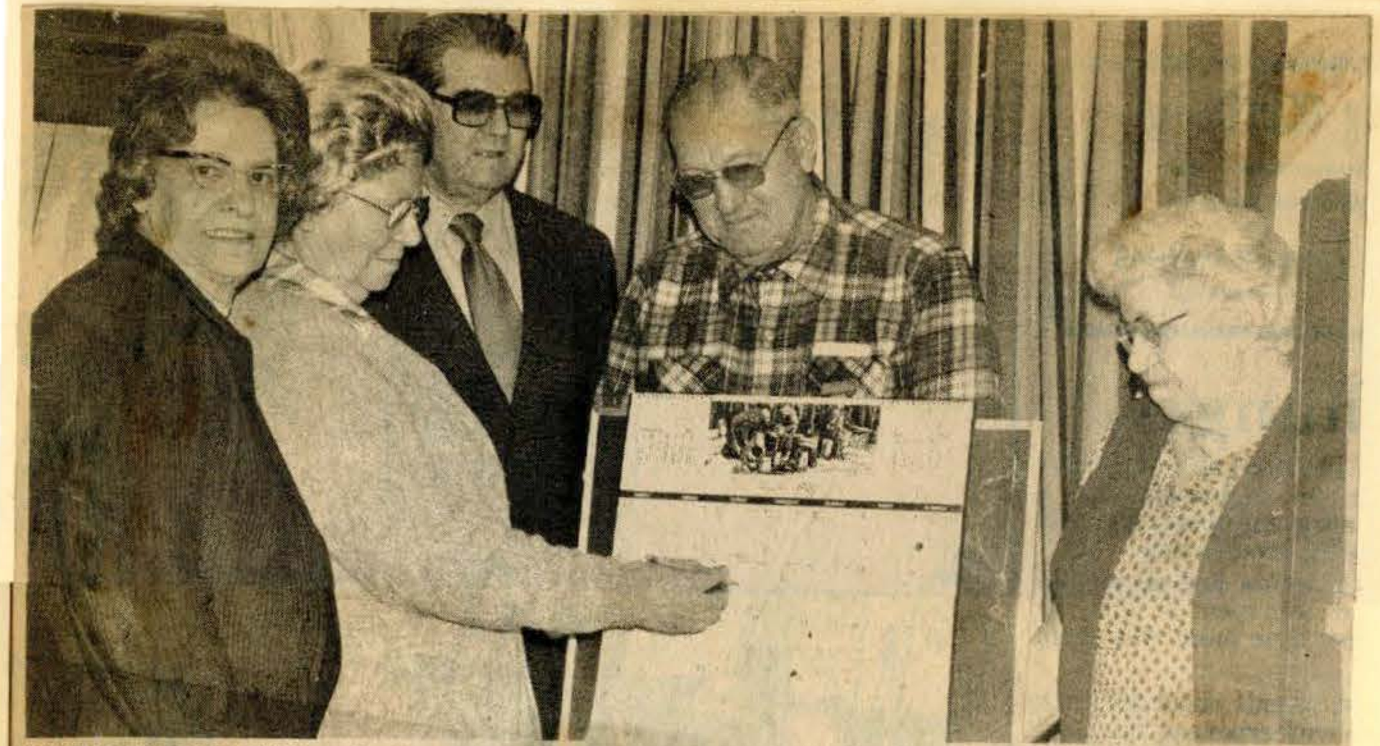
The Tribune, New Albany, Ind. Tues., Feb. 24, 1981



CALENDAR OF EVENTS — Senior citizens 60 years and older met Monday at the Senior Citizens Center on Fifth Street to plan programs for the month of March. A pitch-in luncheon was part of the activities. From left to right are; Mary Craig, Elizabeth Young, Charlie Whelan, Clyde Beyl and Helen Lacy.
(Tribune Photo By Beverly Tully)

MONDAY, MARCH 23, 1981 THE EVENING NEWS, JEFFERSONVILLE, INDIANA

A St. Patrick's Day program for senior citizens was held at the Claysburg II Towers, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. Pictured from left, first row, are Omer Middleton, Mattie Holland, Florence Rhoades, Violet Jones, Eudora Brewer, Ruth Welch and Mary McCallister; second row, Mary Thoene, Viola Malaer, Hattie Ashton, Pauline Seelye, Carroline Wells, site director, Ina Sutton and Nancy Cummings; third row, Nelson Thornton and Lou Ella Snyder; fourth row, Cliff Seigle, Lucille Caldwell, Odra Smith, Clara Day and Dilla Lynch; fifth row, Bill Thompson, Leona Huguley, Joseph Huguley, Lena L. Bell, Georgia Grant, Geneva Wilkerson, Olive Blakemon, Anna Love, Elsie Kinchlow, Gertrude Richardson, Sarah Underhill, Rachel Middleton, Era Ross and Cora Wilson; sixth row, William Cleaver, Lorraine Cleaver, Helen Bryant and Georgia Middleton.

The Tribune, New Albany, Ind., Fri., March 27, 1981

MACRAME CLASS — One of the many activities offered at the Senior Citizens Center at 317 E. Fifth St. is a macrame class taught by Ann Schwender, standing at left. Students are, from left, around table, Fammie Jumpper, Era Clark, Aline Seefried, Dorothy Bedan, Elizabeth Young, Opal Cooper and Lou Chism. The center is funded by the Council of the Aged and Aging, Thelma Bertrand, director.
(Tribune Photo By Beverly Tully)

THE BANNER-GAZETTE, Wednesday, January 27, 1982

Social Security Speaker Scheduled March 24

A speaker from the Madison Social Security office will be on hand this coming Tuesday, March 24 at the Jennings Township Senior Citizens Center to talk about SS benefits and the other programs available through the Madison office, advised Jennings mealsite director Vicie Spicer.

The program will begin at 1 p.m., and those wishing to eat lunch prior to the program are welcome to call the center at 794-9276 this coming Monday before 1 p.m. to make reservations. Anyone age 60 and older is welcome to participate in the center's programs, all sponsored by the South Central Indiana Council for the Aging and Aged Inc., Area 14 Agency.

SATURDAY, MARCH 28, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Retired Senior Volunteers Meet With State Director

The advisory council for the Retired Senior Volunteer Program, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., held a meeting with Thomas Haskett, state program director, serving as guest speaker.

Haskett indicated that volunteer workers are being called upon more often to join the gap left open by increased budgetry cuts. In Indiana there are 10,000 Retired Senior Volunteer Program volunteers who donate one million hours per year to their communities. These volunteers do not perform any duties that would normally be done by a salaried person instead, they free the salaried employee to spend more time on his specific job.

Locally, volunteers work in school libraries, man a recycling center and visit nursing homes, among other duties. Currently, the volunteers have a project underway to furnish dolls to pediatric patients at local hospitals. Also planned is an emergency conservation program in which volunteers will be working with local schools to help make primary age children more energy aware.

The Retired Senior Volunteer Program, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., offers a chance for persons over 60 to take an active role in their communities.

The Tribune, New Albany, Ind., Wed., March 25, 1981

OLDER HOOSIER — The final day for clubs, organizations and individuals to enter their nominee for the "Older Hoosier of the Year" award is April 8. They will travel to Lafayette, May 24 to 26, to attend the Older Hoosiers Federation Convention. Ada Goldman, pictured, is the 1980 "Older Hoosier of the Year." The purpose of the award is to recognize an outstanding older Hoosier for a lifetime of service to the community, to encourage continued achievement and service, and to interpret to the public pleasures and challenges of retirement living. To be eligible, one must be at least 65 years of age. For further details and entry forms contact Pam Montgomery at 948-9161. The Area 14 Older Hoosier is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.
(Tribune Photo)

The Tribune, New Albany, Ind., Fri., March 27, 1981

They Need Volunteers

"We need to meet community needs through volunteerism," said Tom Haskett in an address to the local Retired Senior Volunteer Program Advisory Council this week.

Haskett, the state director of ACTION, said in these tightened economic times volunteer workers will be called upon more often to bridge the gap caused by increased budget cuts.

In Indiana there are 10,000 R.S.V.P. volunteers who donate 1 million hours per year to their communities. These volunteers do not perform any duties that would normally be done by a salaried person. Instead, they free the salaried employee to spend more time on his specific job.

Locally, R.S.V.P. volunteers work in school libraries, man a recycling center and visit nursing homes, among other duties. Currently, R.S.V.P. has a project underway to furnish dolls to pediatric patients at local hospitals. Also planned is an energy conservation program in which volunteers will be working with local schools to help make elementary students more energy aware.

R.S.V.P. sponsored by the South Central Indiana Council for the Aging and Aged Inc., offers a chance for persons over 60 to take an active role in their communities. If you are interested in learning more about the program, call R.S.V.P. at 948-8330.

THE INDIANA WEEKLY, WEDNESDAY, APRIL 1, 1981

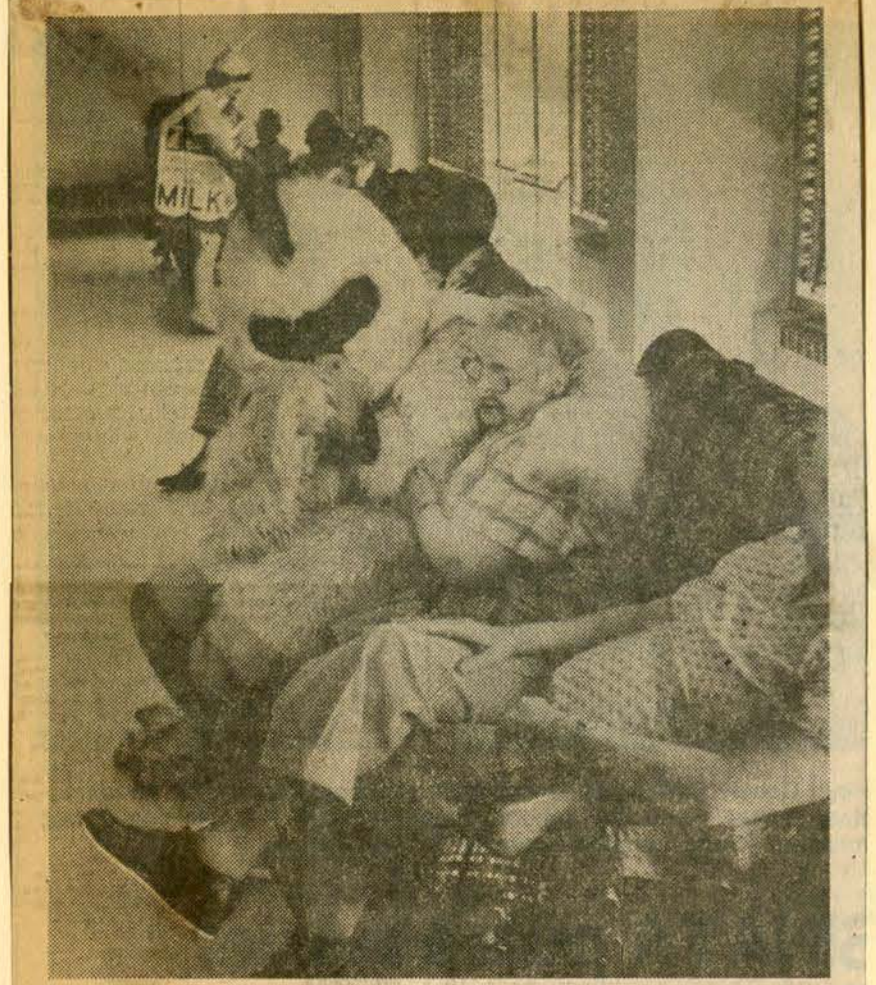


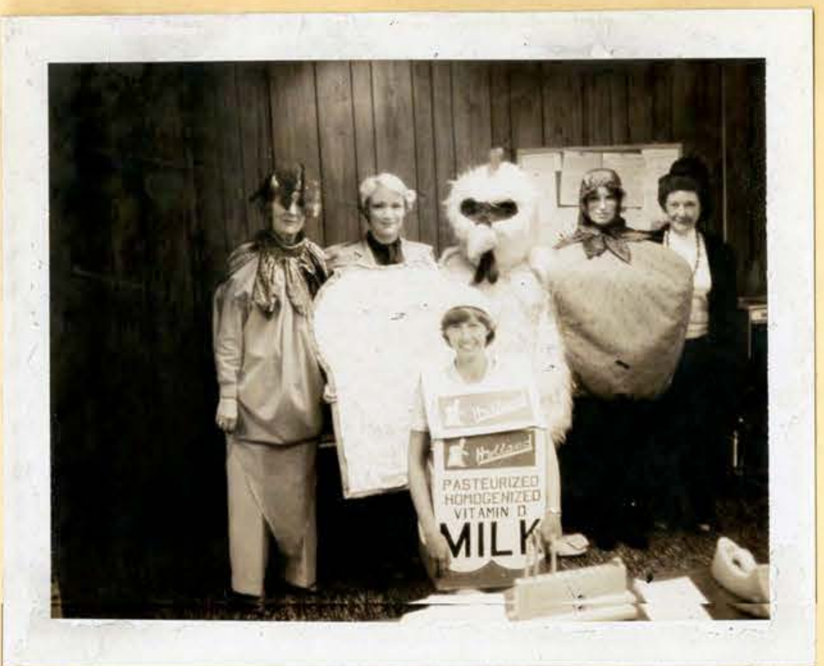
Photo by David Higdon

A fine, feathered friend

Chattanooga Chicken (Angela Cook) rested her dance-weary drumsticks on Edna Lafollette's lap at Parkview Towers in New Albany last week after a presentation of the play, "A Nutritious Meal," by workers for the South Central Indiana Council on Aging and Aged. It was National Senior Citizens Nutrition Week.

The Tribune, New Albany, Ind., Mon., March 23, 19

MELBA MILK — "A Nutritious Meal," a skit based on good nutrition, will be presented for senior citizens Wednesday at Parkview Towers at 11 a.m., Beechwood Community Building at 12 noon, and Riverview Towers at 1 p.m. Characters such as Melba Milk, PICTURED: Connie Carrot, Bertha Bread and Chattanooga Chicken, will be singing and dancing at the locations. Lunch will also be served. Senior citizens pay according to their means. Guests will pay $2.50 for the meal. Reservations must be made 24 hours in advance by calling 948-8877.



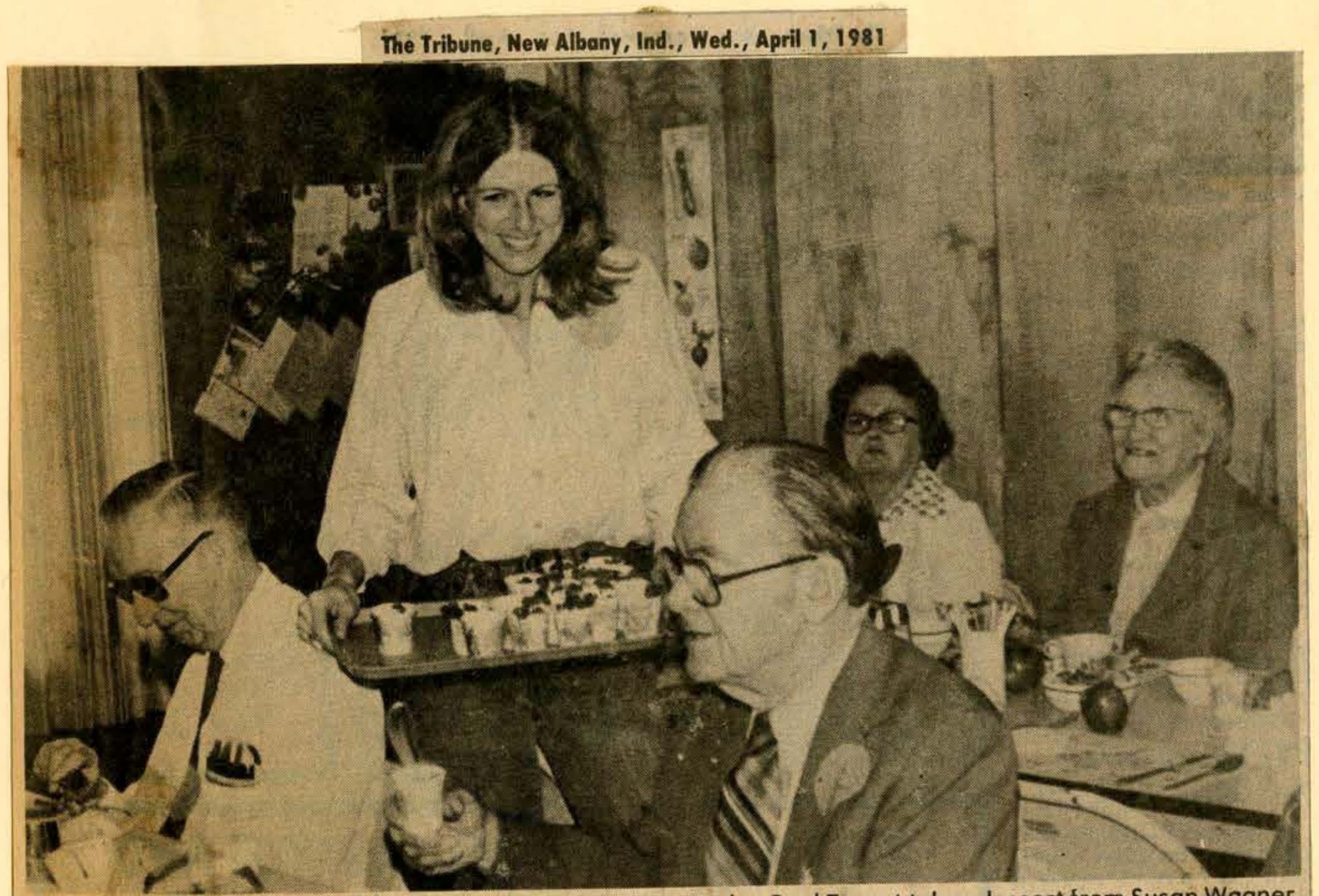
NUTRITION AWARENESS WEEK March 25, '81

Elizabeth Loyd--carrot
Pam Montgomery--bread
Angie Cook- chicken

Dorothy Murray--strawberry
Thelma Bertrand--Master of Ceremonies
Carolyn McCain--milk

Angie Cook--chicken
getting dressed

The Tribune, New Albany, Ind., Wed., April 1, 1981



AT MEAL SITE — Last week a special Nutrition Awareness Day featuring a skit and special guests was featured at the three senior citizens meal sites, Parkview Towers, Riverview Towers and the Beechwood Center. At Parkview Towers, guest, Judge Paul Tegart takes dessert from Susan Wagner, site director at Parkview. At left is Ray Miller and in back are Cora Norrington and Esther Kinnich.

(Tribune Photo By Beverly Tully)

THE LOUISVILLE TIMES, MONDAY, APRIL 27, 1981

People

Edgar W. Day of New Albany recently was chosen as the Older Hoosier of the Year for Area 14 of the South Central Indiana Council for the Aging and Aged Inc. He will represent the area council at the national conference at Purdue University in June.

Special events

Clark County bookmobile. Tomorrow — 11:15 a.m.-noon Four Seasons Market; 12:15-12:30 p.m. Borden Senior Citizens Center; 12:45-1:15 p.m. Huber's Orchard; 1:45-3:30 p.m. St. John's School and community.

Senior Citizens' Activity Centers, sponsored by the Council for Older Americans:

Pool-shooting techniques and bingo at 1 p.m. tomorrow. 317 E. Fifth St., New Albany. For transportation, call 948-9701 a day in advance.

Bingo at 1 p.m. tomorrow. High Street, Charlestown. Phone 256-3942.

Activities for older persons, sponsored by South Central Indiana Council for the Aging and Aged Inc.:

Surprise trip and handicrafts at 10 a.m. tomorrow. Ken Ellis Senior Opportunities Center, 211 Martin St., Jeffersonville. Phone 283-7356.

Trip to New Albany Museum at 10 a.m. tomorrow, and quilting and ceramics at 12:30 p.m. Parkview Towers, Fisher Drive, New Albany. Phone 945-3225.

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The Tribune, New Albany, Ind., Tues., Apr. 14, 1981

LEARNING CERAMICS — Free ceramic classes are being held for those 60 years or older at the senior citizen center at 317 E. Fifth Street. The classes are taught by Pat Polston and sponsored by the Council for the Aging and Aged. Anyone interested can call 948-9701. Working on some of their projects from left: Fannie Jumpper, Vivian Vest, Vickie Lacy, instructor; Lucille Hayes, Pat Holston, instructor; Elizabeth Young, Lula Mach, and Opel Cooper.
(Tribune Photo By Don Beck)

TOASTING A NEW WINNER — Edgar W. Day (center) was chosen as the "Older Hoosier of the Year" for the Area 14 South Central Indiana Council for the Aging and Aged at a luncheon this week. Toasting to Day's award were 1980 award winner Ada Goldman (left) and council executive director Thelma Bertrand (right). Day will represent the area council at the Federal Conference at Purdue University in June. The award is the highest honor given to a senior citizen by the State Commission on Aging. (Tribune Photo By Jim Linette)

Louisville Times 4/17 ⑱ 81

Not the retiring type

Frank Mardis busy aiding the handicapped

By JUDITH EGERTON
Louisville Times Staff Writer

Frank Mardis would like to quit working and do some traveling with his wife, Bertha.

But each year he finds it more difficult to turn his back on the organizations that depend on his help and guidance. And besides, he gets a lot of personal satisfaction from his work, he said.

Mardis works for the Council for Aging and Aged aiding the handicapped. He has also organized the Southern Indiana Handicapped Association and is president of the New Albany Senior House Inc.

But what kept Mardis, 73, from retiring last year was a phone call from New Albany Mayor Robert Real.

Real asked Mardis to serve as the city's liaison with the U. S. Council for the International Year of Disabled Persons.

Without hesitating, Mardis agreed to Real's request.

"After he'd been so nice helping get curbs cut in sidewalks for people in wheelchairs and other things, I couldn't tell him I wouldn't do it," Mardis said.

So his second retirement has been postponed for a few more months while he and an 18-person committee organize local projects to make the public aware of the needs of disabled persons as part of the U. N. International Year of Disabled Persons.

Mardis tried to retire once before but it didn't last.

After teaching school for 41 years in Kentucky and in Floyd County, he retired in 1973.

But a couple of years later, he began working for the Council for the Aging and Aged doing home repairs for elderly people. Not long afterward, the agency received a grant to survey the needs of the disabled and Mardis was appointed to head the project.

The grant project introduced Mardis to a new challenge, one that involves making daily life easier for the handicapped.

More than 35 million Americans are disabled, according to the U. S. Council for the International Year for Displaced Persons.

Mardis, who is not handicapped, said his work with the council made him realize that most people without disabilities aren't aware of the difficulties handicapped persons face every day.

"In fact, many handicapped people can't even get in their churches or into the New Albany post office — things we do all the time without a thought," he said.

"You know, last year the post office spent $30,000 to remodel the mailboxes inside but it couldn't afford to cut a place in the curb for a wheelchair," he added.

Mardis said that for several years he's tried to get post office officials to make the building accessible, but he's still waiting for them to do something.

A post office spokesman said a ramp for the handicapped is planned but has not been constructed.

For the past several years, Mardis and others have been working hard to get local government agencies and private businesses to make buildings accessible to the handicapped. With the mayor's help, Mardis said, ramps have been built and restrooms remodeled but he said there's still much work left to do.

He's glad the United Nations proclaimed this year International Year of Disabled Persons because finally, he said, the needs of the disabled may get the attention they deserve and more people may volunteer to improve conditions for the handicapped.

The New Albany committee plans to get more parking spaces for the handicapped and to develop a resource book for disabled persons. The book will be free and will contain information about education, employment and housing opportunities for the handicapped. It will also list recreational and rehabilitive services offered to the disabled, Mardis said.

The committee meets the second Thursday of each month at 7 p.m. in the mayor's office.

Mardis can often be found in city parking lots putting up blue and white signs and stenciling the concrete to designate parking spaces for the handicapped.

"After you do something like that, people are more willing to do other things to aid the handicapped," Mardis said.

"I tell them, 'If you want a handicapped parking space, I'll make you one.' "

And he does.

He opens the trunk of his car and takes out the yellow paint and the stencil.

In minutes, Mardis eliminates one more barrier to the handicapped.

Staff Photo by Cort Best

Frank Mardis and his wife Bertha paint a symbol for a handicapped parking space at Trinity United Methodist Church in New Albany.

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, April 29, 1981

Judge Austin to address older citizens

Harrison County Court Judge Maryland Austin will speak at the Harrison County Senior Citizens Center in Corydon May 6 for Older Hoosiers Law Day.

Judge Austin will talk about the legal needs of senior citizens. The public is invited to attend the lunch and program beginning at noon. The Senior Citizens Center is at 123 Mulberry St.

Persons ages 60 and older will pay according to means, said a spokesperson for the South Central Council on the Aging and Aged, Inc., one of the program's sponsors. Persons under 60 will pay $2.50.

For reservations and additional information, call 738-3065.

Legal Services Organization of Indiana will also sponsor the program.

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FRIDAY, APRIL 24, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

A ceramic workshop was conducted at the Ken Ellis Senior Opportunity Center, Jeffersonville. Pictured from left, seated around the table are Faye Hamby, Madeline Foster, Linda Lee, activities coordinator, Lelah Dean, Eldora Smith, Mary Thoene and Ola Thornton.

The Tribune, New Albany, Ind., Fri., May 1, 1981

DOLL DRESSING PROJECT — Lt. Irvin G. Poucher of the Salvation Army gives Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged, Inc., dolls to be dressed by the senior ladies for 1981 Christmas distribution to needy children. The doll dressing project is an annual event and over 35 RSVP volunteers and other ladies start on this project in the summer to ensure having them all completed by Christmas. Last year 300 dolls were available to the children. Call the Salvation Army, 944-1018 to volunteer fabric, lace, ribbon or yarn suitable for clothing dolls.

(Tribune Photo by Bev Tully)

The Trib, New Albany, Ind., Mon., May 4, 1981

Law Day For Older Hoosiers

As part of a state-wide program, Older Hoosiers Law Day will be held in Floyd County May 6. The program is focused on the legal needs and problems of senior citizens. Leslie Vidra, attorney, will speak at the Beechwood Community Center May 6 at 12:15 p.m.

The public is invited and older Hoosiers are particularly urged to attend. People 60 years of older pay according to their ability; people under 60 pay $2.50, the cost of the meal. Reservations must be made 24 hours before the meeting. For reservations and further information, call 948-8330.

Older Hoosiers Law Day is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., and Legal Services Organization of Indiana, Inc.

The Tribune, New Albany, Ind., Thurs., May 7, 1981

GIVING LEGAL ADVICE — New Albany Mayor Robert Real (standing left) and attorney Leslie Vidra (right) were on hand as luncheon guests at the Beechwood Community Center this week to celebrate Older Hoosiers Law Day, a statewide program of the Council on Aging and Aged. Real and Vidra chatted with senior citizens from left facing camera, Gladys Murphy, Edith Bacon, Teresa Gladin, June Hall and Mary Gibson Wednesday. The program offers advice to the elderly on various legal matters frequently encountered by their age group.

(Tribune Photo By Jim Linette)

MONDAY, MAY 11, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The Green Thumb Training Program for residents of Clark and Floyd Counties was held at the Claysburg Towers, Jeffersonville. Pictured from left are Sally Boofer, district director; Pam Fox, area supervisor; Helen Hacker, bookkeeper; Carolyn Wells, director of nutrition; Martha Bledsoe, area leader; Martha Linck, health department nurse and Pam Robinson, environmental secretary, Health Department.

The Tribune, New Albany, Ind., Wed., May 13, 1981

Woman Passenger Hurt

An elderly woman was hurt when a van in which she was riding braked suddenly, throwing her against the dashboard.

Beulah E. Rohde, 80, of 210 Denny Drive, received injuries of the head and both knees, accoring to police.

She was a passenger in a van belonging to the South Central Indiana Council for the Aging and Aged, 134 E. Main St., which was being driven east on Daisy Lane, west of Grant Line Road, about 9:39 a.m. Monday.

The driver, Vickie Atkins of 2233 Shelby St., told police she was forced to brake suddenly for traffic, throwing the Rhode woman against the dashboard.

The Charlestown, In., COURIER, Wednesday, May 13, 1981

Older Hoosiers Law Day observed

As part of a statewide emphasis, Older Hoosiers Law Day was held in Clark County on May 7, 1981, at Clark Arms Senior Citizens Center, Jeffersonville, Indiana. James Lang, attorney, spoke to the group of senior citizens on wills, estates, and the probate process.

Mr. Lang explained that the word, "estate" refers to a person's possessions and that there are three ways to transfer possessions after one's death: method of ownership, wills, and intestate succession. A question-and-answer period followed.

This program was sponsored by South Central Indiana Council for the Aging and Aged, Inc., and Legal Services Organization of Indiana, Inc. Guests were from the meal sites at St. Lukes United Church of Christ, Claysburg II Towers, and Charlestown Friendship Center.

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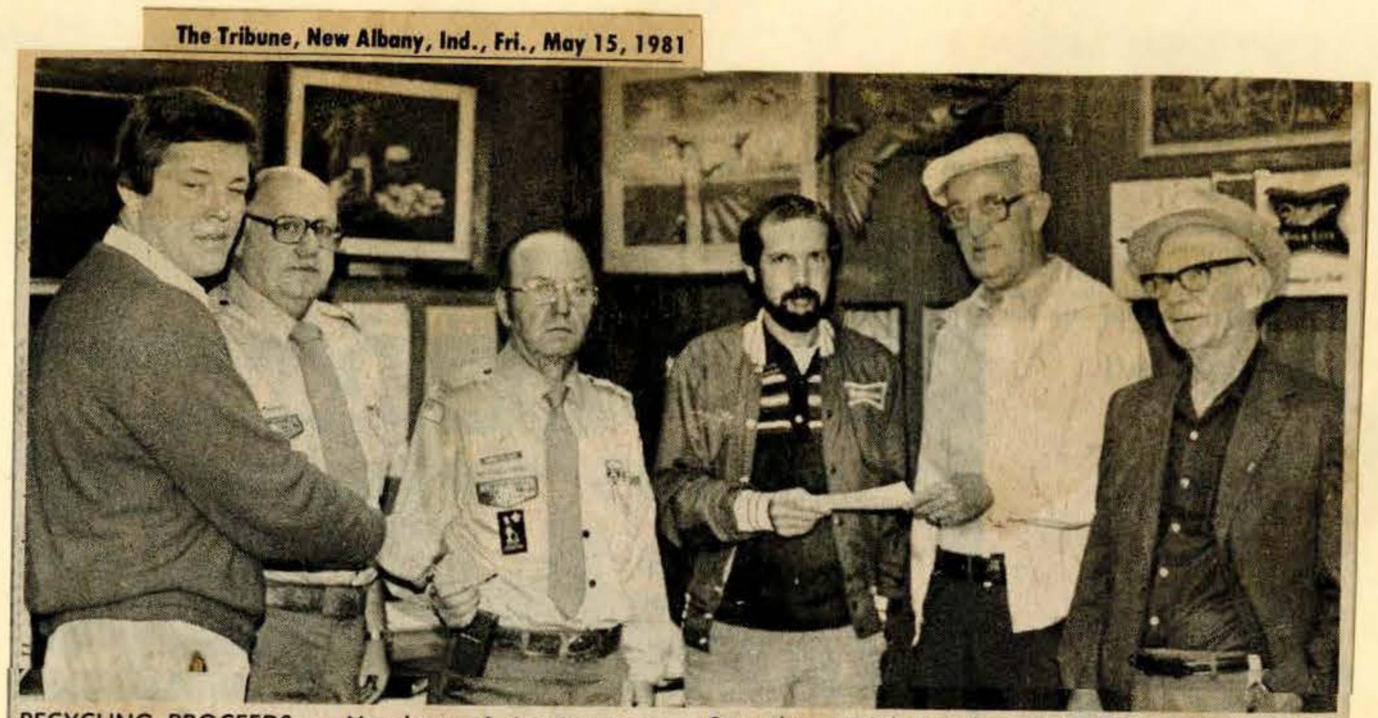
TUESDAY, MAY 12, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aging and Aged, Inc. sponored an Older Hoosier Law Day luncheon at Clark Arms Apartments, Jeffersonville. Pictured from left are Avelina Hughes, James Lang, attorney who served as guest speaker, Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged, Inc., M. C. Preston, Louise Miller and Georgia Miller.

The Tribune, New Albany, Ind., Fri., May 15, 1981



RECYCLING PROCEEDS — Members of the George Rogers Clark chapter of the Boy Scouts and Retired Senior Volunteer Program received a total of $1100 from the proceeds of the Nadorff distributing company recycling center operation at 18th and Stone streets. The scouts man the recylcing center on Saturdays and the seniors during the week. From left are; Greg Hines, general manager of Nadorff's; Richard Freudenberg, Robert DeMent of the Boy Scouts, Larry Bir, of Nadorff's, Don Reeves and Arthur Shivel of RSVP.

(Tribune Photo By Don Beck)

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2 THE INDIANA WEEKLY, WEDNESDAY, MAY 13, 1981

Never a dull moment

Photos by Georgia MacDonald

New Albany senior citizens who regularly visit the activities center at 317 E. 5th St. generally find something going on that's to their liking. Last Friday, Elizabeth Craddock, above at right, participated in an exercise session, laughing as she rolled her head in a neck and shoulders exercise. Meanwhile, in another room, at right, five women pieced together wool squares to form lap robes for nursing home residents. From left are Mildred Sanders, Vivian Richardson, Helen Lacy and Kathleen Griffin. Not shown was Irene Locke, who was working on a nearby sewing machine. Above, Ethel Meyer, 84, preferred to spend her time crocheting together blocks for an afghan. Several people crocheted the multi-colored blocks, she said, "and they volunteered me to put them together." Mrs. Meyer enjoys visiting the center. "It makes it nice to do things together," she said. "I enjoy coming down here. It takes that loneliness away and keeps you busy. You have to do something to keep up your morale." The center is open to all residents of Floyd, Clark, Harrison and Scott counties 60 years and older. For information about activities or transportation to the center, call 948-9701.

TimeOut Community Sports News Indiana Weekly
May 21, 1981

It's warm-up time for Senior Olympics

By DAVID HIGDON
Indiana Weekly Staff Writer

Clarence Minter has been blind for 15 years, but he is no stranger to 10-pin competition. He has been bowling for 11 years.

"I was bowling in a V. A. league today at Pee Wee Reese [lanes in Louisville]," Minter said last Thursday. "This coming week we're coming up on a tourney.

"I have bowled in a church league and there was competition there," the New Albany resident added. "Sometimes more than I can handle."

Like many people with a handicap, Minter can handle much more than many people believe. Given the right circumstances, he also will take on competition in horseshoes or checkers, as well as bowling.

The fact that many handicapped people can and do compete is what prompted the South Central Indiana Council on Aging and the Aged to stage what they are calling the Senior Olympics for persons 55 and older, with and without handicaps. Residents of Clark, Floyd, Harrison and Scott counties are eligible.

So on Sept. 18 and 19, Minter intends to roll more of his best shots against all-comers.

The idea for the competition came about because this is the International Year of the Disabled Person, according to Dorothy Mann, the council's nutritionist and Senior Olympics advisor.

"This is not something we just dreamed up," said Ms. Mann. "This is patterned after the Golden Age Games in Staniford, Fla." The Golden Age Games will be 8 years old this summer.

Ms. Mann discussed the idea with co-workers after watching a segment of television's "Real People" that featured the games.

During a phone call to Florida, she learned that another version existed in Indiana.

"Indianapolis has a Senior Olympics that will be in its third year this June," she explained.

She began working on the games in February.

And though the games are scheduled for September, Ms. Mann believes it isn't too early to tell those eligible about the Senior Olympics.

Staff Photo

Clarence Minter, almost totally blind for 15 years, bowls regularly and plans to compete in the Senior Olympics in September.

"Some of these people will need time to decide what events they want to participate in and start getting into condition," she explained.

There will be lots of events to chose from.

Besides bowling, there also will be horseshoe throwing, euchre, bridge, checkers, chess, a fishing rodeo, nine holes of golf and a five-division hobby show that will feature arts, ceramics, collections, crafts and horticulture.

You say that the competitions don't sound very Olympic-class? The events aren't really strenuous enough?

There also will be basketball, bicycle races of 2.5 and 5 miles, several swimming events, racquetball, track and field competition and a dance contest with waltz, jitterbug, foxtrot, Charleston, disco and free-style divisions.

"When you get to a certain age, there is no longer any form of competition," Ms. Mann said.

"We began to think this was a form of preventive medicine."

Besides, she said, older and disabled persons can do most of the things they once did, if society doesn't close them out.

Society as well as participants benefit from the Senior Olympics, according to David McCarty, a counselor with the Indiana Rehabilitation Services, Division of Services for the Blind.

"I think the main benefit is the positive change in attitude of the public," McCarty said.

"Generally, the physical handicap isn't as severe as the public's attitude toward the disabled," he explained.

"In other words, ability counts, not disability."

McCarty anticipates that about a dozen of his clients will eventually enter the Senior Olympics, plus a few "rehabilitated, vision-handicapped people who aren't" clients.

"There are very few of those activities that they won't be able to participate in," McCarty said. "It's almost easier for me to list the ones they won't be able to do: bicycle racing and billiards."

Ms. Mann said that whatever special equipment needed for a handicapped person to compete will be provided, as long as the council is informed of the need when a person enters.

"The prizes will be like in the real Olympics," she said. That means a gold medal for a first, silver and bronze for second and third, respectively.

There will be a 50-cent entry fee for each event.

Local parks and government officials are helping organize the Senior Olympics. And some businessmen also are pitching in. Others are always welcome to provide T-shirts and bumper stickers, Ms. Mann said.

"We have a motto that is a quote from a man in the Indy Senior Olympics [Jim Foster] that we are using as our motto," said Ms. Mann.

"Senior Olympics will not add years to your life, but will add more life to your years."

For more information about the Senior Olympics, contact the South Central Council on Aging and the Aged at (812)-948-9161.

Wednesday, July 7, 1982, THE CORYDON DEMOCRAT, Corydon, Ind.

Older Hoosiers Hear Legal Advice

As part of a state-wide program, Older Hoosiers Law Day was held in Floyd County on May 6, at Beechwood Community Building. Leslie Vidra, Attorney, spoke to the group of senior citizens. Her topic included three areas: wills, contracts and consumer protection, and protective arrangements.

Ms. Vidra said that in Indiana family members will inherit items under ordinary circumstances; however, she emphasized the importance of a will if articles are to be bequeathed to friends. In the second area, Ms. Vidra stressed the buyer's right to rescind a contract within three days. She said that the consumer should not sign a contract if there is any disagreement in the terms. Speaking on protective arrangements, Ms. Vidra explained Power of Attorney and Guardianship. A question and answer period followed.

This program was sponsored by South Central Indiana Council for the Aging & Aged, Inc., and Legal Services Organization of Indiana, Inc. Special guests attending the lunch and program included Mayor Robert Real, Mr. Ed Wheat, Mr. Gene Lind, and Mrs. Mildred Lyskowinski, Member of the Board of Directors for the Council for the Aging.

THE BANNER-GAZETTE, Wednesday, June 10, 1981

Senior citizen conference planned in New Albany

A Ninth District conference for older persons will be hosted by Congressman Lee Hamilton on Thursday, July 2, at 3 p.m. (EDT) at Scribner Junior High School, 910 Old Vincennes Road, New Albany.

''Many older persons are concerned about proposed cuts in Social Security and other federal programs which serve the elderly,'' Hamilton said. ''I hope that this conference will provide them with the opportunity to express their views and concerns to federal and state officials.''

The conference will start at 3 p.m. with a welcome by Congressman Hamilton, followed by remarks concerning the federal legislative outlook for senior citizens. He will introduce panel members from the Social Security Administration, the Veterans Administration, the Indiana Department of Public Welfare, Blue Cross and Blue Shield, and the State Commission on Aging and Aged.

Congressman Hamilton and the panel members will participate in a question and answer discussion period at 3:30 p.m.

The conference will adjourn at 4:30 p.m. with panel membes available briefly for questioning by individuals.

All interested persons are encouraged to attend.

THE BANNER-GAZETTE, Wednesday, June 10, 1981

Seniors going to Reds game

Clark, Floyd, Harrison, and Scott County residents 60 years of age and older are being given an opportunity to attend the Cincinnati Reds-St. Louis Cardinals ballgame on Wednesday, June 24.

A bus will leave the 5th Street Senior Citizens Center, 317 East 5th Street, New Albany at 9 a.m.

A price of $10 will include the ticket to the game and transportation to and from the game. The money must be paid in advance by Friday, June 19. Payments are to be made at the 5th Street Senior Citizens Center.

Participants may bring a sack lunch or eat at the stadium.

For reservations and more information, call the South Central Indiana Council for the Aging and Aged, Inc., at 948-9701.

The Tribune, New Albany, Ind., Fri., May 15, 1981

RECYCLING PROCEEDS — Members of the George Rogers Clark chapter of the Boy Scouts and Retired Senior Volunteer Program received a total of $1100 from the proceeds of the Nadorff distributing company recycling center operation at 18th and Stone streets. The scouts man the recylcing center on Saturdays and the seniors during the week. From left are; Greg Hines, general manager of Nadorff's; Richard Freudenberg, Robert DeMent of the Boy Scouts, Larry Bir, of Nadorff's, Don Reeves and Arthur Shivel of RSVP.

(Tribune Photo By Don Beck)

The Corydon, In., HARRISON COUNTY PRESS, Wednesday, June 10, 1981

Senior Citizens day at ball park

South Central Indiana Council for the Aging and Aged, Incorporated, announces Senior Citizens Day at the Ball Park. All people 60 years of age and older and residents of Clark, Floyd, Harrison, and Scott Counties are invited to root the Cincinnati Reds on to victory over the St. Louis Cardinals on Wednesday, June 24. An air-conditioned bus will leave the 5th Street Senior Citizens Center, 317 E. 5th Street, New Albany, Indiana, at 9:00 a.m. The price of $10.00 includes ticket to the game and transportation to and from the game and must be paid in advance by Friday June 19. Payment is to be made at the 5th Street Senior Citizens Center in New Albany. Spectators can bring a sack lunch or eat at the stadium. For reservations and more information, call the Council at 948-9701. +

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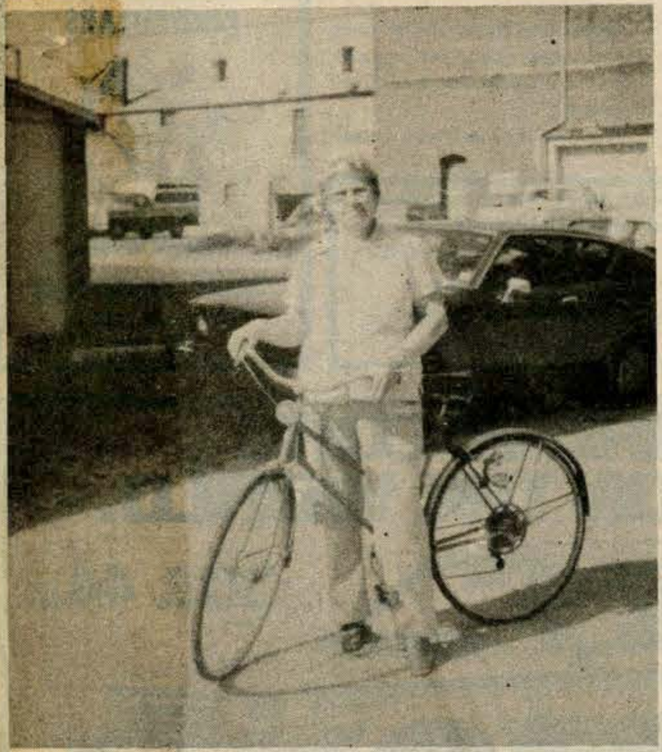
THE BANNER-GAZETTE, Wednesday, May 27, 1981 Page 11

Officials planning Senior Olympics designed to add life to years

Crafts, bowling, table games, dancing, bicycling, tennis, golf, and track and field events will be among the events open for competition when the Senior Olympics, sponsored by the South Central Indiana Council for the Aging and Aged Inc. Area 14 Agency, gets under way next fall.



Getting in shape for the Senior Olympics bicycling competition is Elizabeth Young of New Albany. The Olympics are scheduled for this fall.

The games, first of their kind in this area, will play on Sept. 18-19, with a rain date of Sept. 20, according to Dorothy J. Manns, Senior Olympics coordinator. Some events, such as tennis, will begin earlier due to the length of time involved in an elimination tourney.

Ms. Manns called the event a "community effort." It is utilizing manpower and equipment from the Clark and Floyd Counties parks and recreation departments, and will involve citizens from over the entire four-country region served by the Area 14 Agency.

Rules for Entry

The general rules for entry are as follows:

Participants must be at least 55 years of age as of Dec. 31, 1981, and will participate in one age category except where designated.

In case less than three participants enter an event, a contestant may choose to compete in a lower (alternate) age group, but will not be eligible for medal consideration at the alternate age level. To be eligible for medal consideration, a participant must compete within his or her own age category, and must complete the event. Awards will be given only at the age leve of the winning participants.

A participant in a younger age bracket may not move up under any circumstances.

To enter any of the events, a participant must fill out a registration form and a standard release form. Participants must be residents of Scott, Harrison, Floyd, or Clark Counties.

Awards will be given to first, second, and third place finalists in each event. In addition, a female and male overall winner will be awarded a trophy, sponsored by Linda Stocksdale of Jeffersonville Parks and Recreation, on the basis of a point system. The overall winners must compete in more than one sport or event category.

Entry forms, which are to be available by the end of June, and a fee of 50 cents, are due no later than Aug. 31, with the exception of tennis participants. Forms and further information may be obtained by calling Ms. Manns at 948-8330.

Each event will be led by an expert, who will set up the rules and regulations and conduct the event. Competition will be held in the following activities:

Categories

Basketball, including one-on-one and HORSE, will be conducted by Mayor Robert Real of New Albany, at a location still to be announced. Bicycle races of 2½ and 5 miles will be run at the parking lot of Indiana University Southeast, under the direction of Mike Hewitt.

David McCarty will supervise the bowling competition at Silver Creek Bowling Lanes. It will be singles competition, with a lane fee of $2.10.

Bridge, checkers, chess, and euchre will be played under the direction of Cindy Andres, at a location to be announced later.

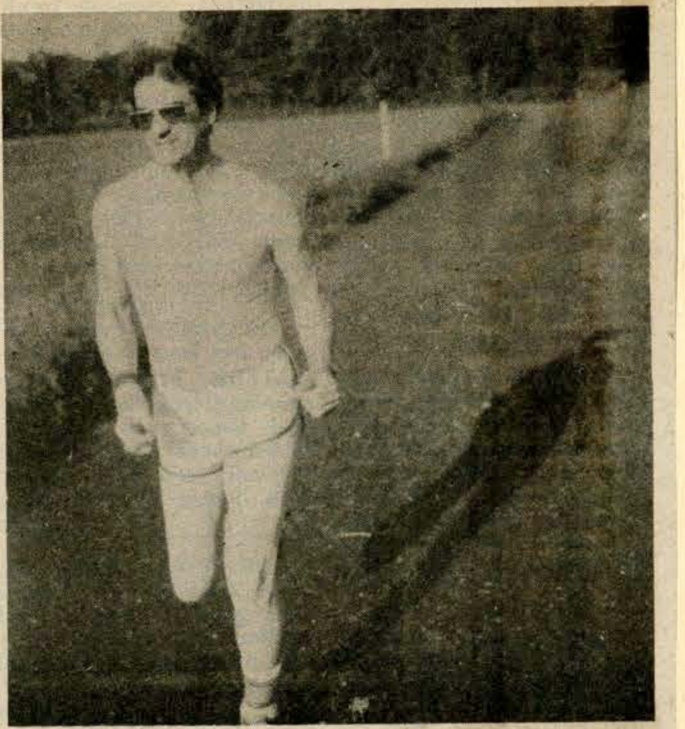
A fishing rodeo will take place near Corydon, with expert Allen Cook. Awards will be given for the most fish and the biggest fish caught. Transportation will be provided to the fishing site.

Terry Foster will conduct the dance contest at IUS. Categories will include waltz, jitterbug, foxtrot, Charleston, disco, and miscellaneous.

A hobby show will take place at Greentree Mall, under the direction of Linda Cody. It will embrace photography, art, ceramics, collections, crafts, horticulture, and miscellaneous divisions for judging.

Golf will be played Sept. 18, from 8 a.m.-8 p.m., at Wooded View Golf Course. The nine-hole play will be supervised by David Graversen of Clarksville Parks and Recreation.

Horse shoes will take place at River Heritage Park, and a pancake race may be held at Greentree Mall. Jack Seville and Peggy Brooker are the respective experts.

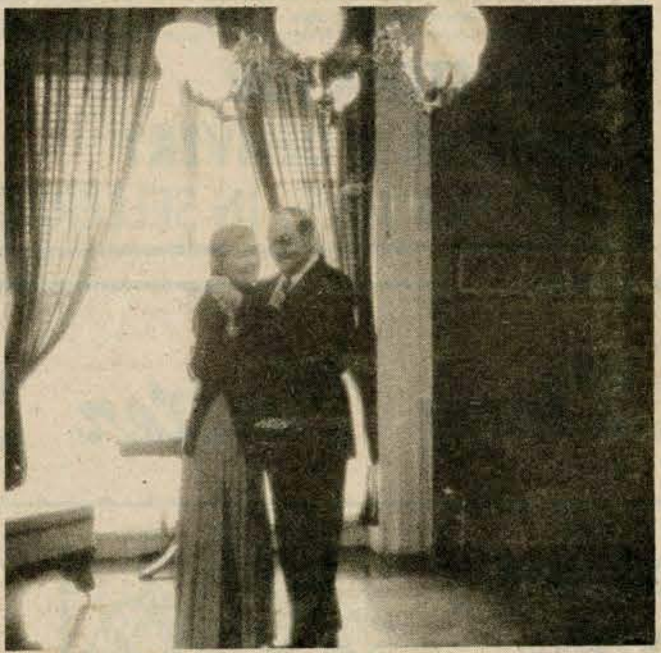


Bill Crawford, Scottsburg, is in training for the track and field events to be offered in the Senior Olympics planned at IUS for this fall.

Racquetball for singles and doubles will be played at Greentree Racquetball Club, under the direction of Debbie Snelling. Bernard Hock will conduct a table tennis tournament at the Ekin Avenue office of New Albany Parks and Recreation.

Sam Peden will be the expert for tennis. He will conduct a workshop for all participants at Skyline Tennis Club, free of charge. The tournament, according to Ms. Manns, will probably cover about three weeks, and the deadline for entry is July 31.

Swimming competition will take place at Scribner Junior High School in New Albany. Pam Fulkerson will direct the participants in 25, 50, 100, 200, and 800 meter freestyle events; 25 and 50 meter backstroke events; 25 and 50 meter breaststroke events; and a 300 meter relay race.



Mr. and Maurice Morey, New Albany, prepare for the Senior Olympics dance competition, to take place this fall, at IUS.

Track and field events will take place at Jeffersonville High School, and is to include 100, 200, and 400 meter dashes; 800 and 1600 meter runs; a 1600 meter walk; a softball throw; and eight-pound shot put. A mini-decathalon, which will cover the 100 meter dash, 1600 meter run, and softball throw will also be held. David Graversen will oversee the track and field competition.

Olympics Committee

A Senior Olympics committee is conducting the whole affair. It is made up of Mayor Real; Judge Marilyn Austin, Corydon; William Shrewsbury, Jeffersonville; Steve Norton, New Albany Parks and Recreation; Mary Lou Heinz, New Albany; Donna Buchinsky, Corydon; Frank Mardis, New Albany; Ed Martin, New Albany Chamber of Commerce; and David Ragland, president of Nursing Home Corporation, New Albany.

Thelma Bertrand, executive director of the Area 14 Agency, said the Senior Olympics will also, "involve the handicapped." A legally blind bowler has already expressed an interest in the event, along with several others.

Ms. Manns said, "I think Senior Olympics will help (residents) both physically and mentally." She gave the games' motto as, "Senior Olympics will not add more years to your life, but will add more life to your years."

TheTribune, New Alb ny, nd., Thurs., May 26, 1981

Mental Health Seminar Opens

The Floyd County Chapter of the Mental Health Association is having an all-day seminar today at the New Albany-Floyd County Public Library.

Tonight, Al Perkins, a counselor at the Southern Indiana Mental Health Center, will be conducting a session on "Stress," talking about how to identify and recognize stress and physical problems that arise when stress is not dealt with. This session will begin at 7:30 and run to 9 p.m.

This morning, Jan Goldammer, Mental Health Center counselor, and Major Michael Culwell of the New Albany Police Department talked on "Spouse Abuse," and the attempt to make people aware of the magnitude of the problem.

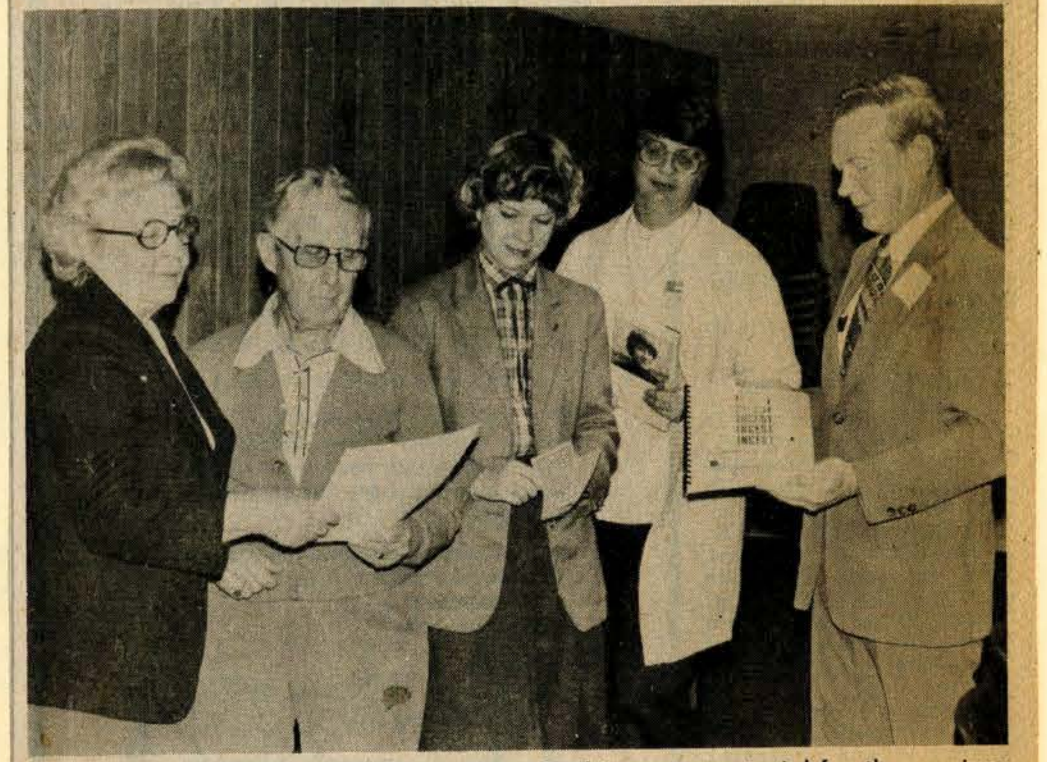
A 1:30 session featured Connie Guthrie, counselor at the Mental Health Center; Stephen Beardsley, Floyd County prosecutor, and Debbie Gibson of the Floyd County Welfare Department, speaking on "Incest," a problem occuring with more frequency than people realize, according to Guthrie. She stated that the criminal justice department is active in getting treatment for this problem.

May is National Mental Health Month and the local chapter is conducting a membership drive. According to Bill Higgins, president, the chapter is looking for not only funds to carry out their many programs, but persons, to work on the various committees which put the work into the projects.

Anyone interested in joining should call the Mental Health office at 945-4299. It is located at 702 E. Market.

The main goal of the Association is to educate the public as far as mental illness is concerned and to improve the lot of the mentally ill through legislature. Members also visit patients at Madison State Hospital and take Christmas presents during the holidays, not to mention a "Friend to Friend" program for lonely patients. The chapter hosts educational workshops to educate the public, such as today's, and give scholarships to area graduates for pursuing study in the field of mental health.

The Mental Health Association is entirely self-supporting, raising money through the membership and special fund drives conducted by local groups such as the Jaycees, Kiwanis of New Albany and Theta Chi Omega sorority at Indiana University Southeast.



MENTAL HEALTH WORKSHOP — Members of the Floyd County Chapter of the Mental Health Association and counselors at the Southern Indiana Mental Health and Guidance Center were preparing this morning for an all-day workshop with sessions on "Spouse Abuse," "Incest" and "Stress." Looking over material for the seminar are from left, Imogene Donner, educational chairman; Ralph Conner, treasurer of the chapter; Jan Goldammer and Connie Guthrie, Mental Health Center counselors. ınd Bill Higgins, chapter president.

(Tribune Photo By Jane Alcorn)

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, June 3, 1981

Senior citizens can attend baseball game

South Central Indiana Council for the Aging and Aged Inc. announces "senior citizens day at the ball park."

All persons over 60 and residents of Clark, Harrison, Floyd and Scott counties are invited to attend the Cincinnati Reds and St. Louis Cardinals game on Wednesday, June 24. An air conditioned bus will leave the senior citizens center at 317 E. 5th St. in New Albany at 9 a.m. Tickets must be paid in advance by Friday, June 19. Payment is to be made to the 5th Street Senior Citizens Center in New Albany. Spectators can bring a sack lunch or eat at the stadium. For reservations and more information call the council at 1-948-9701.

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THE BANNER-GAZETTE, Wednesday, June 3, 1981

Floyd County man to represent Area 14 at Older Hoosiers meeting

Edgar (Ed) Day, New Albany, was chosen "Older Hoosier of the Year" for Area 14, and will represent the South Central Indiana Council for the Aging and Aged, Inc., at the Older Hoosier's Federation Conference that will be held Sunday, June 7 through Tuesday, June 9, at Purdue University in the Union Building.

Day was sponsored by Our Lady of Perpetual Help Church. Other candidates that particiapted in the Area 14 contest were: Miss Frances Catherine Beard, Roswell W. Dome, Mrs. A. J. Hughes, Harvey Russ, Bonnie Lyons, and Dr. Clarence D. Strother. The award is the highest honor given to a senior citizen by the State Commission on Aging.

The Indiana State Federation of Older Hoosiers will gather on June 7, to honor the Outstanding Senior Citizen of the Year and will discuss legislative information, workshops on legislation, general drugs, and energy.

Nationally known speakers including speakers from the Indiana Legislature, will be present at the convention. Dr. Joseph Wick will be the banquet speaker. He will discuss "The Therapy of Laughter."

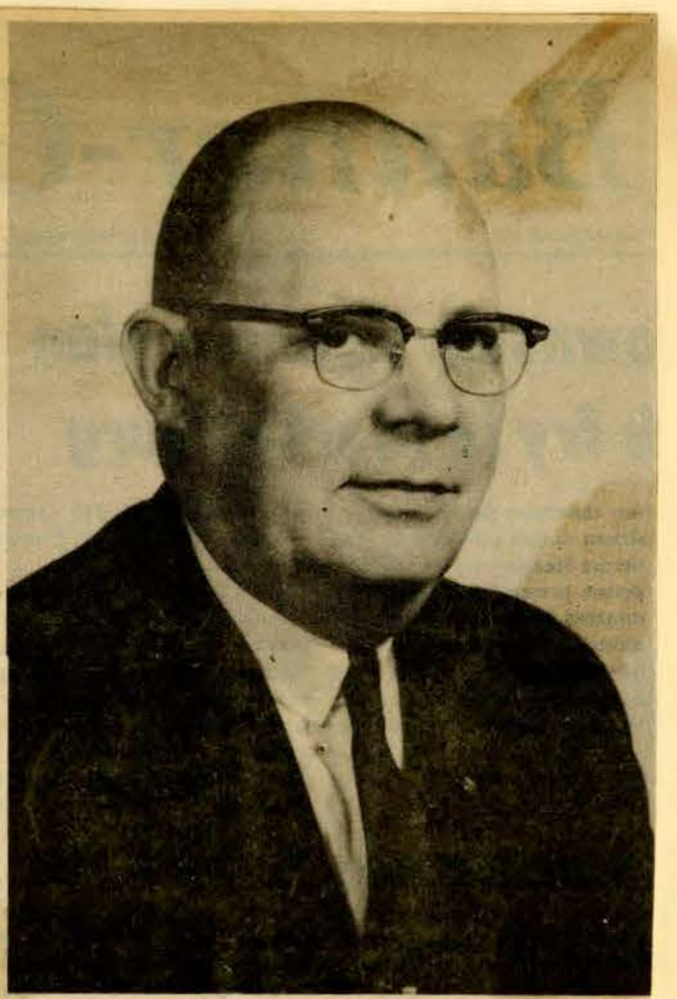
Day is described as an active productive, civic leader at the age of 72. Prior to the age of 60, Day was vice-president of New Albany District Council of Catholic Men, received St. Thomas Moore Award for Catholic Lay Leadership, sponsored a National Catholic Welfare Student from Bolivia, was a charter member of the New Albany Exchange Club, and a member of the Salvation Army Board.

Some of his achievements and activities after the age of 60 were: "Tootsie Roll" chairman, charter member of the mayors Prayer Breakfast Committee, Salvation Army's "Unselfish Service" award recipient, and president of Our Lady of Perpetual Help Parish Council.

Day is the treasurer of the Salvation Army Financial Board, Christmas Bell Ringers Chairman, a member of Alcoholic Beverage Board, and a business advisor for Prosser Vocational School.

Day is married to Eustacia M. Day and they have three children.

One son, Dr. Edgar W. Day, Jr., is a research scientist with Eli Lilly. Raymond Day, another son, has his master's in applied fine arts, teaches theater and all phases of art at Providence High School, and is a noted artist in watercolors; Joanne Gastineau, the couple's daughter, is the mother of two girls and devotes her time to being a full-time homemaker.



Edgar "Ed" Day

Page 2, Ledger-Tribune, New Albany, Indiana Sun., Apr. 29, 1979

LOWERING BARRIERS — This committee is dedicated to eliminating barriers that prevent handicapped people from carrying out their daily activities. The Barrier Free committee met recently to discuss the matter of reserving parking spaces near public buildings and in shopping areas. Committee members include, from left, Maureen Barrette, Southern Indiana Health and Guidance Center; Thelma Bertrand, director of the Council for Aged and Aging, Frank Mardis, coordinator of programs for the handicapped and Joyce Walker of the Barrier-Free committee.

(Tribune Photo)

THE INDIANA WEEKLY, WEDNESDAY, MAY 13, 1981

Never a dull moment

Photos by Georgia MacDonald

New Albany senior citizens who regularly visit the activities center at 317 E. 5th St. generally find something going on that's to their liking. Last Friday, Elizabeth Craddock, above at right, participated in an exercise session,

Senior Citizen Guide

JUNE, 1981

SUPPLEMENT TO THE NEW ALBANY TRIBUNE AND SCOPE

SENIOR QUEEN — Clara Mathley of Speed has reigned for the past year as Area 14 Senior Queen. Area 14 covers a four county area, Floyd, Clark, Scott and Harrison. Mrs. Mathley, a widow, placed as second runner-up in the state senior queen contest last year. She will crown this year's queen July 11 at Riverview Towers. Mrs. Mathley is an active 76-year-old and serves on the board of directors of the Silver Creek Senior Citizens and Civic Center. She is relaxing at the center with the piano.
(Tribune Photo by Jane Alcorn)

11C

She's Delegate To White House Aging Conference

By MARTI BERGSTROM

Dorothy Alexander of 1718 E. Main St. will be the only delegate from this area to the White House Conference on Aging Nov. 30-Dec. 3 in Washington, D.C.

"I am very excited about being appointed a delegate," Mrs. Alexander said.

She was selected after being recommended by both the South Central Indiana Council for the Aging and Aged Inc. and the Indiana Green Thumb program.

Mrs. Alexander, who is 73-years-old, is employed as assistant manager and activity director of the nutrition program at Riverview Towers. She has held the paid post since 1975 and was a volunteer for two years before that. Previously, she was employed as a waitress and a day worker.

She helps oversee the serving of about 70 hot lunches to senior citizens Monday through Friday at Riverview Towers. She also coordinates activities such as bingo, Bible study, etc. after the meals.

The meal program is sponsored by the Council for the Aging and Mrs. Alexander's salary is paid by Green Thumb, an employment program for senior citizens.

Mrs. Alexander attended the Indiana Conference on Aging last October. She said she doesn't know yet what topics will be discussed at the four-day White House Conference on Aging, but one she hopes is discussed is Medicare hospitalization.

"Senior citizens aren't getting a fair deal," she said. "Every time Social Security benefits go up, so does the Medicare premium."

Mrs. Alexander is a member of the Area Advisory Council of the South Central Council for the Aging and Aged and belongs to a senior citizens center. She is also very active in her church, Bethel A.M.E., and is secretary of Floyd County Church Women United.

She is president of the Civic Ivy Club, a member of Ruth Lodge and a volunteer for the Heart Fund, Muscular Dystrophy Foundation and nursing homes in this area.

Mrs. Alexander is the widow of Chester Alexander and she has three children, nine grandchildren and 10 great-grandchildren.

DELEGATE — Dorothy Alexander of New Albany, left, will be the only delegate from this area to the White House Conference on Aging this fall in Washington, D.C. Mrs. Alexander, who is assistant manager and activity director of the nutrition program at Riverview Towers, serves a hot lunch to Euna Boston.
(Tribune Photo By Bev Tully)

Area 14 Senior Queen

Our cover girl for this edition of The Tribune's Senior Citizen Guide is Clara M. Mathley of Speed, the Area 14 Senior Queen for 1980-81.

Mrs. Mathley is ending her year as queen this month. A new queen will be chosen July 11 at Riverview Towers.

Clara, who is 76, is a retired educator, serving as a teacher and principal for 51½ years in the West Clark Community School System.

She has a variety of interests and retirement does not mean a lack of activity. Mrs. Mathley serves on the board of directors for the Senior Citizens and Civic Center in Speed. She is a member and has served as president of the Extension Homemakers and the Women's Circles of Sellersburg United Methodist Church. She is a member of the choir and bell choir of her church.

Mrs. Mathley is a member of the Clark County Welare Board and was a chairman of the regional conference of the southeast area on social work.

She is also a member of Lambda chapter of Delta Kappa Gamma and the League of Women Voters.

Clara holds her B.S. degree from the University of Louisville.

She has done volunteer work for the United Way, the Speed Civic Center and the Speed-Sellersburg Senior Citizens.

New Senior Queen Contest Is Underway

The eighth annual Senior Queen Contest for Area 14 will be this month. Any senior woman sixty-five years of age or over and residing in Clark, Floyd, Harrison or Scott Counties may enter. The contestants are judged on personality, poise, and pep, and on their activities since becoming a senior citizen.

The woman chosen to represent Area 14 will compete with 15 other Area Queens at the Indiana State Fair for the Title of State Senior Queen. The Area 14 Senior Queen will also attend other functions during her reign including riding on the Senior Queen Float for Harvest Homecoming. She will receive a certificate from the Indiana Governor and many gifts from other dignitaries.

To receive further information or to enter in the contest, contact Nancy Shiner at 948-8330. This contest is sponsored in part by the South Central Indiana Council for the Aging and Aged, Inc.

Special Bargain

A Golden Age Passport is a free lifetime permit giving entrance to U.S. parks recreation areas, and monuments. It's available to anyone 62 or over. Get details by writing Public Inquiries, National Park Service, Washington, D.C. 20240.

Planning a trip overseas? Write for discounts and further information to National Council of Senior Citizens, 1511 K. St. N.W., Washington, D. C., 20005 or A.A.R.P., 1909 K. Street, N.W., Washington, D. C. 20049.

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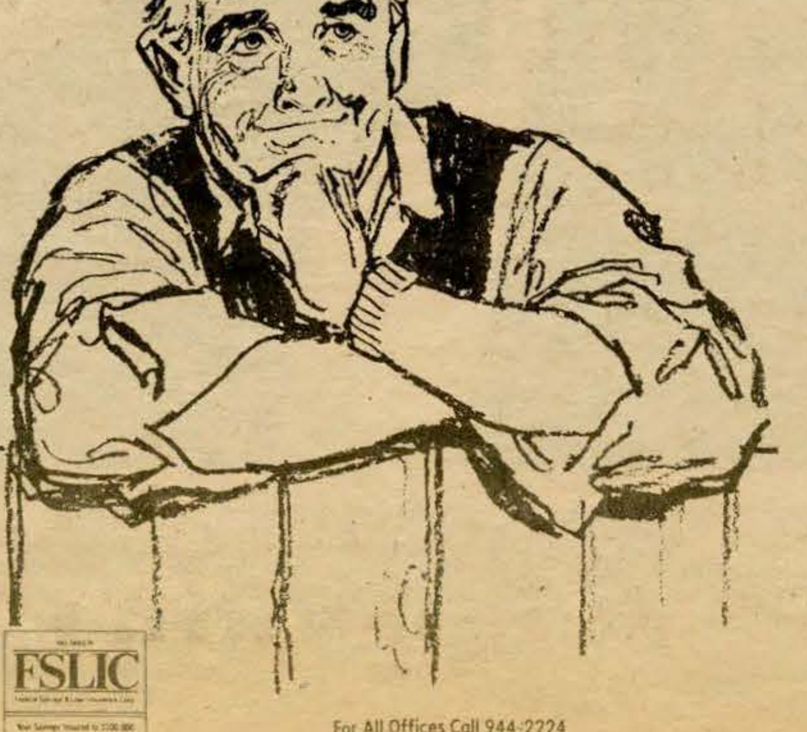

Many Businesses Offer Senior Citizen Discounts

By BEVERLY TULLY

If you are a senior citizen, 60 years or older, you qualify for the special discount or special services given to senior citizens. The South Central Indiana Council for the Aging and Aged, Inc., Area 14 Agency, New Albany, has copies of these places and discounts that can be picked up at 134 E. Main St. The agencies serve Clark, Floyd, Harrison and Scott counties.

The following merchants have agreed to give discounts or special services to senior citizens aged 60 years or older. This will be according to their policy, which may vary with each business. Items purchased must be for your own use only, not gifts. Remember you need identification information to prove your age.

In Floyd County the following businesses offer discounts. Aaron Beauty Shop gives 10 percent off their service anytime. Edie Adams Cut & Curl, 10 percent off on all work. Bills Dry Cleaning offers 10 percent off on dry cleaning. Bills Lake has a discount on Thursdays (fish for $3).

Bernie's Medicine Shop offers 5 percent off on prescriptions and Buck Stove offers $25 off. C. S. Childs offers 10 percent off on fabric and Cohn Shoes offers 10 percent off on shoes. Craig Ford, Inc., offers 10 percent off on parts and Daisy Bowling Lanes has bowling for 75 cents per game. Double 7 Tire gives you 10 percent off everything except labor. The Fair Store and Firestone gives 10 percent off on everything. At the Gateway Super Market senior citizens can have a discount with a $5 purchase instead of $10.

The Good year Tire and Rubber Company offers 10 percent off except for specials or sales. Hair Studio 52 gives 10 percent off anything. Hickory Hill Motel offers all rooms for $10. The Holiday Inn has 10 percent off on their rooms. The House of Rosemary Beauty Salon gives $1 off the shampoo and set on Monday, Tuesday and Wednesdays.

Huber Tire Company and Tommy Lancaster Restaurant both give 10 percent discounts. Marjo's Cosmetics gives 10 percent off anything and Mathes Pharmacy gives 10 percent off deliveries. Micheles Beauty Shop gives 10 percent off services and Mills Drugs gives 10 percent off prescriptions. Mutual Trust Bank gives free checking. New Albany High School has season tickets for $12 but no other tickets.

New Albany Optical and Hearing gives 20 percent off on frames and lens, and Preston Paint and Wallpaper gives 10 percent off any time. The Professional Arts Pharmacy gives 10 percent off prescriptions. Reas Beauty Shop gives 20 percent off on Monday, Tuesday and Wednesday.

Safe Way Cab offers senior citizens 20 percent off and Schmitt Furniture, 10 percent off on furniture. Shear Madness offers permanents and haircuts at 10 percent off. A wash and set is $3. Closed on Mondays.

Long John Silver's offers 10 percent off. Smiths' Furniture has no special amount, and Stein Glass has 10 percent off on material, not labor.

Stein Shoe Store has 10 percent off on cash sales. No discount on sales or on credit cards. Taylor's Drugs offers 10 percent off on prescriptions. Union Bank and Trust has no service charge and no minimal balance. The Uptown Beauty Shop offers 10 percent off on Monday, Tuesday and Wednesday. The Vogue Beauty Shop has 10 percent off on everything. Wabash Optical has 15 percent off and 10 percent off on specials. Sherman Williams gives 10 percent off retail, not on sales. Wolf Glass gives 10 percent off on materials, no discount on sales.

In Harrison County, businesses that offer discounts are Albin's Jewelers, 5 percent off. Conrad's Music Center, 10 percent. Corydon State Bank gives free checking. Country Lanes offers one free game. Kentucky Fried Chicken and Neely's Jewelry gives 10 percent off. The Old Capital Bank and Trust offers free checking. One Hour Martinizing, 10 percent off and Town and Country Shop, 20 percent off. Walgreen's Drug Store offers 10 percent off prescriptions and Walgreen's Products.

In Clark County, Art Accents of Clark County gives 10 percent off. Bernie's Medicine Shop gives 5 percent off on prescriptions and Bills Discount Drugs has 10 percent off on prescriptions. Dr. Sol Bizer offers 10 percent off on lenses and frames. Cinderella's Beauty Shop gives $1 off on Tuesday and Thursday. Citizen's Bank has no service charge. Clarksville Little Theater gives you $1 off per show on Sunday and Thursday.

Clark County Bank has no service charge. Consolidated Drugs gives 10 percent off on drugs and Cooper's Drugs gives 10 percent off on prescriptions. Days Inn gives you $5 per year discount and 10 percent off on meals, gifts and lodging. Dobbs Pastries offers 10 percent off. Mr. Don's Restaurant offers $2.59 meals on Tuesday from 4 to 9 p.m.

Eastern Bowling Lanes has bowling for 75 cents a game. The Everfresh Bakery offers 5 percent off and the Frame Shoppe, 15 percent off. Freeman and Grimes Drugs gives 10 percent off on prescriptions. Guys and Gals has a shampoo and set for $5 and permanents for $20. Hangers Medical has 10 percent off on prescriptions. Heyn Stationers has 5 percent off. Holiday Inn gives 10 percent off in the dining room. Howard Museum admission anytime is 75 cents; for a group of ten is only 50 cents. International House of Pancake gives 15 percent anytime on anything. The Key Markets and Kroger Store has no certain amount discount.

Kentucky Fried Chicken offers you 10 percent off anytime and LA-MAR Crafts has 20 percent off on everything. Marguerites' Flower Cottage gives you 10 percent off for items over $10. Monfried Optical gives you 10 percent off on glasses, and Nu Yale has 10 percent off on dry cleaning. Pauline Flower Shoppe offers 10 percent off on anything over $10. Revco Drugs gives you 10 percent off on prescriptions and REVCO products.

River City Cafeteria has five percent off on Sundays. Sherwin Williams Paint gives you 10 percent off. Style Supreme Beauty Shop gives 10 percent off on their permanents and Taylor Drugs, 10 percent off on prescriptions. Trans Lux Theatre admission is $1.50 for senior citizens and $1 for groups. Vargo's Bakery and Walks' Drugs gives you 10 percent off on anything.

Winnie Beauty Shop gives 10 percent discounts on Monday, Tuesday and Wednesday and $1 off on anything on Tuesday and Thursday. Wolf Glass gives 10 percent off on material not on sale. Yellow Cab gives 10 percent off and Zimmerman's IGA has no special amount. Wilcox Chevrolet gives 10 percent off on service and parts.

RECYCLING CENTER — Nadorff Distributors, a beer wholesaler, has established a recycling center at 18th and Stone streets for aluminum cans, which is manned by retired senior citizens (RSVP) and Boy Scouts. The profit from the center is turned over to the RSVP and Boy Scouts. Looking over the center are from left: Don Reeves (RSVP), Larry Alt and Byron Drumb, of the Boy Scouts; Leo Nadorff, Larry Bir and Greg Hines of Nadorff's, and Mayor Robert Real (Tribune Photo)

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Retirement Is Hardly The Word For Ed Day's Life

By JACK POWERS

Some senior citizens look forward to retirement, but to Edgar (Ed) Day, of 1630 Oriole Drive, that's a strange word to which he never has given much thought.

In fact, since the year he left his association with Day Lumber Company here, he seems only to have stepped up the tempo of his activities, Day-in, Day-out, all in the direction of the things that are important to his community as a whole, his exemplification of Brotherhood, reflected in affairs religious, cultural, civic, taking a hand in helping good causes along. It's a life-style he adopted as a youth, and which he has carried through to the present, as he awaits a 73th birthday, coming up in a few weeks.

One might ask "How does he manage to keep on schedule in an 18-hour day with so many activities whirling around him?"

He manages, period.

His main regularity is his hours of retiring and arising, Spring, Summer, Autumn and Winter. Out in the morning at 7, hitting the hay at 11:30.

Most of his morning schedules begin at 7 a.m., as a volunteer "custodian" at Our Lady of Perpetual Help, where he is a daily Communicant, assisting Father James Sweeney if there are a few mechanical things that need tending.

That's only a starter of a busy day that will extend in sometimes a dozen directions, Chamber of Commerce, Exchange Club, Salvation Army, Knights of Columbus, affairs at Mount St. Francis, Prosser Vocational School, etc.

This, of course, leaves him little time to develop the skills of golfing, and bowling, and fishing, something which, he says, he has had little time for in the past, and that "now that he's 'retired' has even less time for."

But Mr. and Mrs. Day have, in the past couple of years, been seeing some of the world, through travelling to such places as Hawaii, and the European Continent, in group hegiras with other members of the Knights of Columbus, an organization which is one of the things closest to his heart. He has been the K of C Faithful Navigator, starting in the year of 1961, launched the "Rosary on the Air" program. He has been treasurer of the Archdiocesan Council of Catholic Men, has received the St. Thomas More Award for Catholic Lay Leadership.

In other spheres of activity and influence, he has been a director of the New Albany Area Chamber of Commerce, and has headed a number of its major committees. Another favorite to Mr. Day has been the Salvation Army.

Much of the material covering his surpassing interest in his community was prepared as a resume when he was nominated for Senior Hoosier of the Year Award. This describes him as "an active, productive civic leader, sensitive to the needs of the youth, the neglected in all age groups, and the handicapped. He is a devoted family man."

(As the area nominee, sponsored by Our Lady of Perpetual Help Church, he was at Purdue University Monday in the finals of the State competition). This story was prepared for publication in advance of that date.)

In addition to his extensive volunteer work, he has been very supportive of the activities of his wife, Eustacia. His devotion and encouragement contributed to Mrs. Day serving as the Indiana Province Director of the National Council of Catholic Women, from October of 1978 through October of 1980. She has served as co-chairman of the Gift Shop at Floyd Memorial Hospital and is a charter member of the Hospital Auxiliary.

Mr. and Mrs. Day have three children. Dr. Edgar Day, Jr., is a research scientist with Eli Lilly; Raymond Day has his Master's in Applied Fine Arts, teaches theater and all phases of arts at Providence High School, and is a noted artist in watercolors. Daughter Joanne Gastineau is a mother and homemaker.

DAY WITH FATHER SWEENEY — Edgar Day, a nominee for Senior Citizen of the Year in Indiana, is shown with Father James Sweeney, the pastor of Our Lady of Perpetual Help Parish, where he not only is a Communicant but also, in his "spare time," performs volunteer work of the church premises, and assists in other functions there. Day is "retired" from active business, but the word retirement, in his case, is a misnomer. Now approaching 73, he seems to have added civic, religious, fraternal, cultural and other activities to his busy daily schedule that starts at 7 a.m., until he hits the hay around 11.

Money's Worth In Lifetime Protection

What kind of personal, financial security plan would you need to replace the protection you now have under social security?

Such thinking is pure speculation since social security coverage is mandatory for most people - it generally comes with the job. For those who feel that they could get a better deal somewhere else, however, the question presents an opportunity for an illustrative column.

The first thing one would find is that there is no comparable package of benefits and protection available for the same price. People would have to match social security's retirement protection and its survivors and disability insurance protection. In addition, social security provides health insurance for people 65 or older, or with prolonged disabilities, or with permanent kidney failure.

Each individual or family financial security plan would vary greatly, depending on age, marital status, family size, lifestyle, and so forth. But it would need to have the following characteristics to match social security.

The benefits would need to have some protection against inflation. Social security benefits are just about inflation-proof. Initial benefits are figured to take account of increases in wage levels over your working life. Thereafter, benefits increase automatically with rises in the cost of living.

The protection would have to follow you from job to job, including any career changes. This may be no problem with most individual insurance plans or personal investment, but is a consideration with most private pension plans.

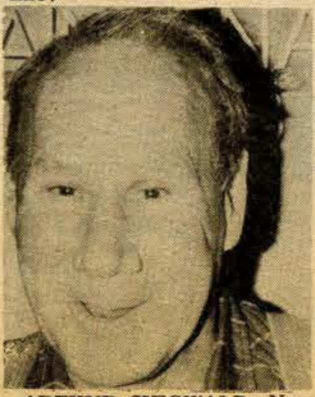
The benefits would have to be tax-free. Social Security benefits are not subject to Federal income tax, while income from private plans generally is.

Your private financial security plan would need to provide lifetime payments at retirement to match those provided by social security. Retirement benefits under social security can start as early as age 62. At a time when people are living longer, retirement income of idefinite duration is important.

In short, the idea of replacing social security with something else is simply not practical for most people, even if it were permissible. Social security is a base of income protection. By supplementing this protection with private pensions, insurance, and savings, the average family is able to build a plan of financial security that will help meet their particular needs. For more information use the toll-free number, 1-800-382-9000.

What's Your Opinion?

The Tribune's inquiring camera girl, Beverly Tully, recently asked the question, "What do you do in your spare time?"



ARTHUR SIEGWALD, New Albany, "I sleep a lot."

Senior Citizen Day At Reds Ball Park

South Central Indiana Council for the Aging & Aged, Inc., is planning a Senior Citizens Day at the Ball Park. All people 60 years of age and older and residents of Clark, Floyd, Harrison, and Scott counties are invited to root the Cincinnati Reds on to victory over the St. Louis Cardinals Wednesday, June 24.

An air-conditioned bus will leave the Fifth Street Senior Citizens Center, at 9 a.m. The price of $10 includes ticket to the game and transportation to and from the game and must be paid in advance by Friday, June 19. Payment is to be made at the 5th Street Senior Citizens Center.

Spectators can bring a sack lunch or eat at the stadium. For reservations and more information, call the Council at 948-9701.

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Aging Council Has Many Active Programs

Th South Central Indiana Council for the Aging and Aged Inc., provides numerous programs and services designed to meet the needs of senior citizens in Clark, Floyd, Harrison and Scott counties. The Council has health, nutrition, homemaking, home maintenance and transportation programs; an information and referral service; cultural, educational, recreational, and social activities; and some employment possibilities. The figures cited in this article are for April and represent a fairly typical month.

The Nutrition Program serves a balanced hot meal to an average of 1,300 people a day at 16 meal sites throughout the four counties and by home delivery to those senior citizens unable to attend a meal site. This represents 14,824 meals a month. The three meal sites in New Albany are Riverview Towers, Parkview Towers, and Beechwood Community Building. In another part of this program, 8,500 emergency meals are served per year.

Special programs and activities are scheduled at the meal sites. The Health Services Program offers screening for high blood pressure and testing for diabetes, and eye, ear and nose disorders. These tests are under the direction of licensed nurses. Health education programs on such topics as arthritis, CT scanning, and laser surgery for the eye are presented by the Floyd County Memorial Hospital staff in cooperation with the Council.

An added event to the Health Services Program is the first Senior Olympics scheduled for Sept. 18-19. Among the events being planned are arts and crafts, bicycle racing, golf, tennis, bowling, table games (euchre, bridge, chess, checkers), swimming, dancing, track and field events, and a fishing rodeo.

Another special program offered in April was Older Hoosiers Law Day. Local attorneys and judges spoke on the legal questions and needs of older Hoosiers. These topics included wills, estates, and the probate process, the small claims court and how to use it, and consumer protection.

Older persons living on low and fixed incomes can qualify for the homemaking and home maintenance programs. These programs provide housekeeping services such as vacuuming, dusting, washing dishes, etc., minor home repairs, grounds keeping, and heavy chores, such as washing walls, changing storm windows and screens and rug cleaning.

The Information and Referral Service offers a quick reference for community resources suited to the needs of the senior citizen. This program also issues the Senior Citizen Discount card and keeps a list of area businesses which honor this discount card. A newsletter is issued four times a year and is sent to every person 60 years and older.

Nine vans and two station wagons transport monthly an average of 4,354 senior citizens to meal sites, doctors offices, shopping trips, activities centers, nursing homes, public events and errand runs. The drivers assist senior citizens getting in and out of the vans and with their shopping if needed.

Another program offers daytime cultural, educational recreation and social activites at Ken Ellis Senior Citizens Center in Jeffersonville, Parkview Towers and Fifth Street Center in New Albany. Arts and crafts like sewing, ceramics, and macrame are taught; discussion on current events and special workshops are held relating to the needs of older Hoosier; dancing, rhythm band, bingo, and card games are offered; trips outside the Center are scheduled; and devotions are given. Over 1,000 senior citizens participated in such activities.

The Retired Senior Volunteer Program allows retired persons, 60 and over, to participate more fully in the life of their communities through active service to others. RSVP has 373 active senior citizens who volunteer to make educational toys for Head Start, and dolls for the Children's Ward at the local hospital, dress dolls for the Salvation Army to be distributed at Christmas time, and serve at the hospital, library and meal sites. RSVP also offers educational workshops.

Another program on energy conservation will be presented in the fall in kindergarten through third grade of the New Albany-Floyd County Schools.

Another program under the Council for the Aging is Barrier Free. Barrier Free is designed to bring the needs of the disabled to public attention and to improve conditions for the disabled person. Among the improvements are parking spaces designated for the handicapped, curbs cut on sidewalks to accommodate wheel chairs and ramps making buildings accessible to the handicapped.

In conjunction with the Floyd County Committee representing the International Year of Disabled Persons, chaired by Mayor Robert Real, a resource book is being compiled by the New Albany Pilot Club with assistance from the Council on Aging. This book will contain information about education, employment, housing sources, and recreational and rehabilitive services for the handicapped.

Finally, the Council for the Aging has compiled a community resource book for agencies serving older persons. This book presents information on food, housing, legal services, medical, monetary, social services, transportation and volunteerism and can be purchased for a nominal cost at the Council's office.

The South Central Indiana Council for the Aging and Aged Inc., is located at 134 E. Main St. For further information on any of its programs, call 948-9161.

What's Your Opinion?

The Tribune's inquiring camera girl, Beverly Tully, recently asked the question, "What do you do in your spare time?"

MRS. WALTER BEETS, Riverview Towers, "I like to cook."

EDNA LaFOLLETTE, Riverview Towers, "I crochet all the time. I make a lot of afghans.

EMILY TUCKER, Riverview Towers, "I do volunteer work. I crochet, read and do piece quilts."

NINA SCHULTZ, Riverview Towers, "I rest and I enjoy myself here. There's lots of people to visit with here."

KATHRYN WILKINS, Riverview Towers, "I read a lot and watch television."

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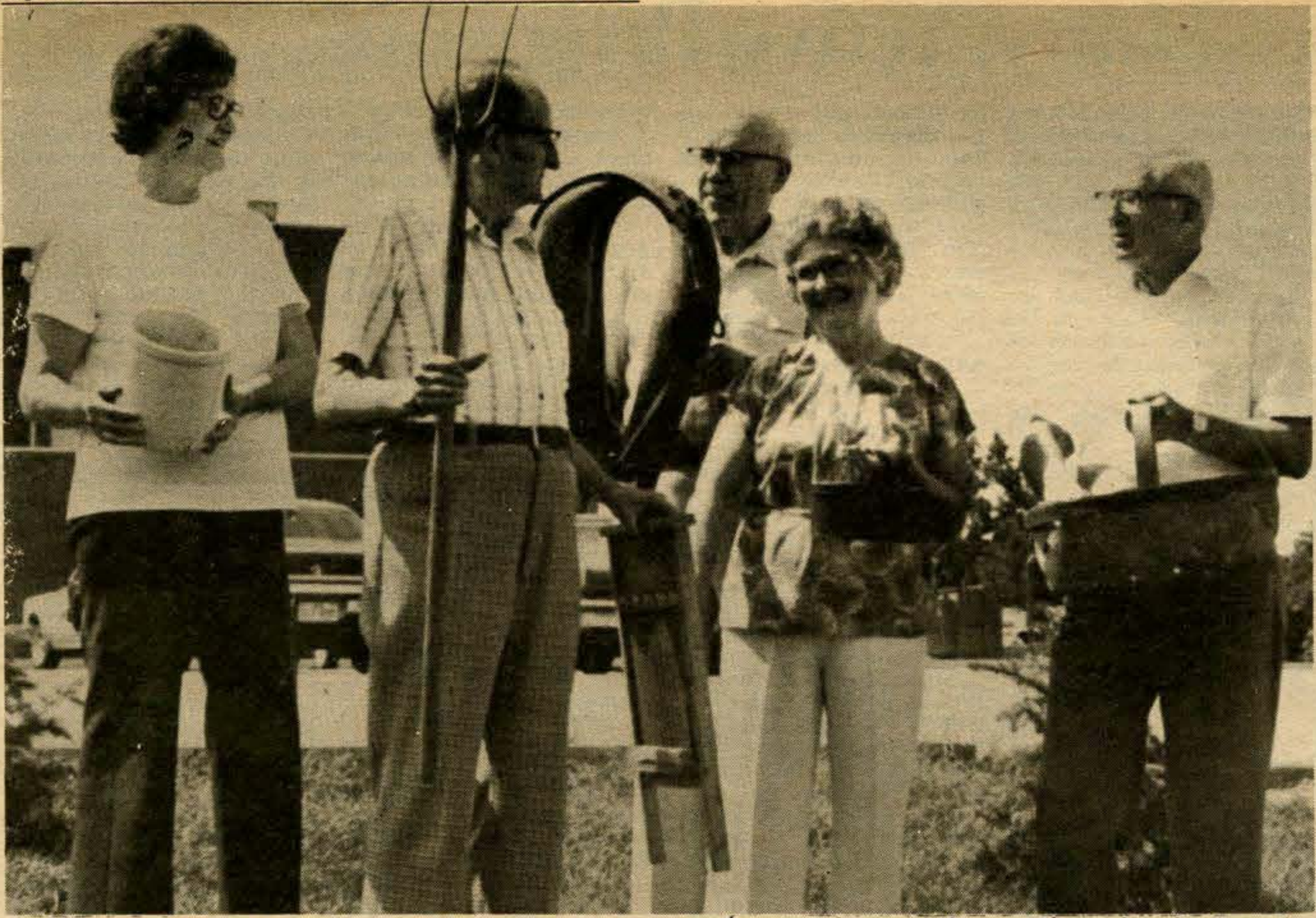

KEENAGERS CONVENTION — Each year the Graceland Baptist Church holds a "Keenagers Convention" on the grounds of their Abundant Life Community. This is usually held on a Saturday and provides senior citizens with all kinds of activities and entertainment. Among those heading up the committee for the convention last summer are shown here from left: Ruby Moore, Maxie Emerson, Oral Baldwin, Ethel Kidwell, and Robert Moore.

Senior Olympics Is A New Concept

"Senior Olympics will not add more years to your life, but will add more life to your years" Such is the motto for the first Senior Olympics in area 14 comprised of Clark, Floyd, Harrison and Scott counties. The South Central Indiana Council for the Aging and Aged, Inc., and the Clark and Floyd counties departments of Parks and Recreation are cosponsoring this event, scheduled for Sept. 18 and 19.

Any person 55 years of age by Dec. 31, and older may participate in any event in his age group. Since this is the International Year of Disabled Persons, all events will be made accessible to the handicapped senior citizen. If special equipment is needed, Dorothy Manns, Senior Olympics Coordinator for the Council for the Aging, should be notified. Awards will be given in each age group in both men's and women's divisions.

Competition is scheduled for the following activities:

Basketball, including one-on-one and HORSE, will be conducted by Mayor Robert Real, at a site to be announced.

Bicycle races of 2½ and 5 miles will be at the parking lot of Indiana University Southeast and is under the direction of Mike Hewitt.

Bowling competition is to be at the Silver Creek Bowling Lanes with David McCarty supervising.

Table games (bridge, euchre, chess, and checkers) will be under the supervision of Cindy Andres at a location to be announced.

The fishing rodeo will take place at Corydon Lake and will be supervised by Allen Cook. Awards will be given for the most fish caught and the biggest fish caught. Transportation will be provided.

The dance contest will be at IUS with Terry Foster supervising. Categories include waltz, jitterbug, foxtrot, Charleston, Disco, and "Free Style."

The Hobby Show, consisting of photography, art, ceramics, crafts, collections, and Horticulture, will be staged in the Green Tree Mall under the direction of Linda Codey.

Nine holes of golf will be played at the Wooded View Golf Course with David Graversen as expert.

Horse shoe pitching will take place at River Heritage Park under the supervision of Jack Seville.

The pancake race may be scheduled at the Green Tree Mall with Peggy Brooker supervising.

Racquetball for singles and doubles will be played at Greentree Racquetball Club under the direction of Debbie Snelling.

A table tennis tournament will be at the Ekin Avenue office of New Albany Parks and Recreation under the supervision of Bernard Hock.

A tennis tournament will be held at Skyline Tennis Club with Sam Pedan supervising.

Swimming will be directed by Pam Fulkerson at Scribner Junior High School. Events will be scheduled in 25, 50, 100, 200, and 800 meter free style; 25 and 50 meter backstroke; 25 and 50 meter breaststroke; and a 300 meter relay.

Track and field events will be at Jeffersonville High School under the direction of David Graversen. Events will be scheduled in 100, 200 and 400 meter dashes; 800 and 1600 meter runs; 1600 meter walk; softball throw; eight-pound shot put; and a mini-decathalon.

Entry forms and further information can be obtained by calling Dorothy Manns at 948-8330.

How To Apply For Social Security

If you have started thinking about retiring, chances are that you have some questions about your social security.

The first question may be, "How can I apply?" There are two ways to apply and the way you choose is strictly up to you. You can apply in person or you can do it over the phone.

Many people find it more convenient to use the phone to file so they don't have to travel to the office. You can call toll free 1-800-382-9000.

The next question could be, "What documents will I need?" First you need your social security card or a record of the number. Next you need proof of your date of birth. A birth or baptismal certificate will do.

Social security would like for you to have your W-2 statement for the last two years. If you are self-employed, you will need your tax return for the last two years.

If your spouse is going to apply for benefits, he or she will need the same documents. If you have minor children, you will need their birth certificates and social security numbers.

Last, but not least, you should contact social security one to three months before your month of retirement. A little planning ahead will insure that your first retirement check will arrive on time.

People who delay applying for social security retirement or survivor benefits for some time after they become eligible may be affected by a change in the law which took effect March 1.

Under the new law, back payments can be made only for up to six-months before the month of application. Under the old law, back checks could be received for up to 12 months before the month of application.

The change generally applies to retired workers over 65 and their dependents, and to widows, widowers, and dependent parents of deceased workers who are themselves over 62.

People who apply for reduced benefits - retired workers and their dependents under 65 and widows or widowers under 62 - cannot generally get benefits for months before the month of application. This part of the law was not changed.

People who apply for benefits because they are disabled - workers, adult children, widows and widowers - are not affected by the new law. They can still get benefits for up to 12 months before the month they apply if they are found eligible.

What's Your Opinion?

The Tribune's inquiring camera girl, Beverly Tully, recently asked the question, "What do you do in your spare time?"

VIVIAN VEST, Parkview Towers, "I go to other nursing homes and help with games. We paint and work with ceramics and plastic crafts, sew, embroidery and make quilts."

LEONA LYSKOWINSKI, Riverview Towers, "Well, we play games in the social room and I play the piano quite a bit that was given to us. I was the first person to move into Riverview Towers."

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AARP Is New And Has Some Things Cooking

By DALE SANDUSKY

Forty-four of them got onto a bus earlier this week to visit "The Bob Braun Show" in Cincinnati.

They've scheduled another trip later this month to tour New Harmony.

While their purposes at this time appear to be limited mainly to fellowship, and leisure informational activities, they may well be expanded to include community and service programs.

They're members of the Floyd County Chapter 3217, American Association of Retired Persons (AARP).

Mrs. Francis King, publicity chairman, and Mrs. Willie Canter, president, talked about their activities recently.

"We're a new organization," Mrs. Canter said. "We've still got some things cooking in the back of our heads."

Mrs. Canter said that the slightly more than two years that the organized chapter has been in existence here has been devoted chiefly to building up membership. A good job has been done and the chapter may be almost ready to turn its sights to something else after achieving a paid-up current membership of about 153 persons. Approximately 40 other persons are currently recognized as "unpaid members." Membership is about 80 percent female and 20 percent male.

Actually, the AARP is rather lenient in its membership rules, according to Mrs. Canter and King. A person doesn't really have to be retired to be a member, but he or she must be at least 55 years old.

Membership with the national group is necessary, with an annual fee of $4. but membership in the local chapter is $1 per year.

Similar chapters exist in Jeffersonville and Louisville, the Floyd County chapter, which received its charter last year, being the newest one in this area.

Monthly meetings are held at the New Albany-Floyd County Free Public Library at 1:15 p.m. on the second Friday of the month.

Most of them are well attended - 110 persons attending the May meeting. "I'd certainly say that we fill up the library auditorium at every meeting," Mrs. King said. "There are never less than 65 people there."

A highpoint at each meeting is the scheduling of a speaker. For example, a local optometrist showed slides of his service group's trip to a South American country. A television gardener visited to speak on vegetable gardening and lawn care. Often, state representatives attend to describe progress on topics of interest to the members such as legislation involving hospitals, insurance and social security. A musical group composed of senior citizens from a New Albany church entertained recently.

And then there are the outings.

About four tours are scheduled each summer. Some of them may be to distant locations such as the Shakertown settlement at Pleasant Hill in central Kentucky. Others are a bit closer like the planned trip to New Harmony in southwestern Indiana, or even a short jaunt such as last year's trip to The Cherry House, at LaGrange, Ky.

There are some other things in the works.

A committee within AARP focuses on community services and some members visit hospitals or help deliver meals to shut-ins. This type of activity could be expanded, some members believe.

An increased membership has turned thoughts toward some fund-raising activities as well, and Mrs. Canter said that one such project in planning is a fall card party.

Mrs. Canter wouldn't describe the local chapter as necessarily a leisure group or a service group either.

How about fellowship or informational?

"I just don't know. I think you might be trying to put words in my mouth," she laughed.

One can tell, however, that whatever it is doing, the AARP seems to be doing something right.

"Our membership is increasing all the time," Mrs. King confided.

Other officers of the Floyd County chapter include: Maurice Morey, vice president; Bertha Bates, second vice president; Margaret Baker, secretary; Ben Sharp, assistant secretary and Grace Welch, treasurer and tour hostess.

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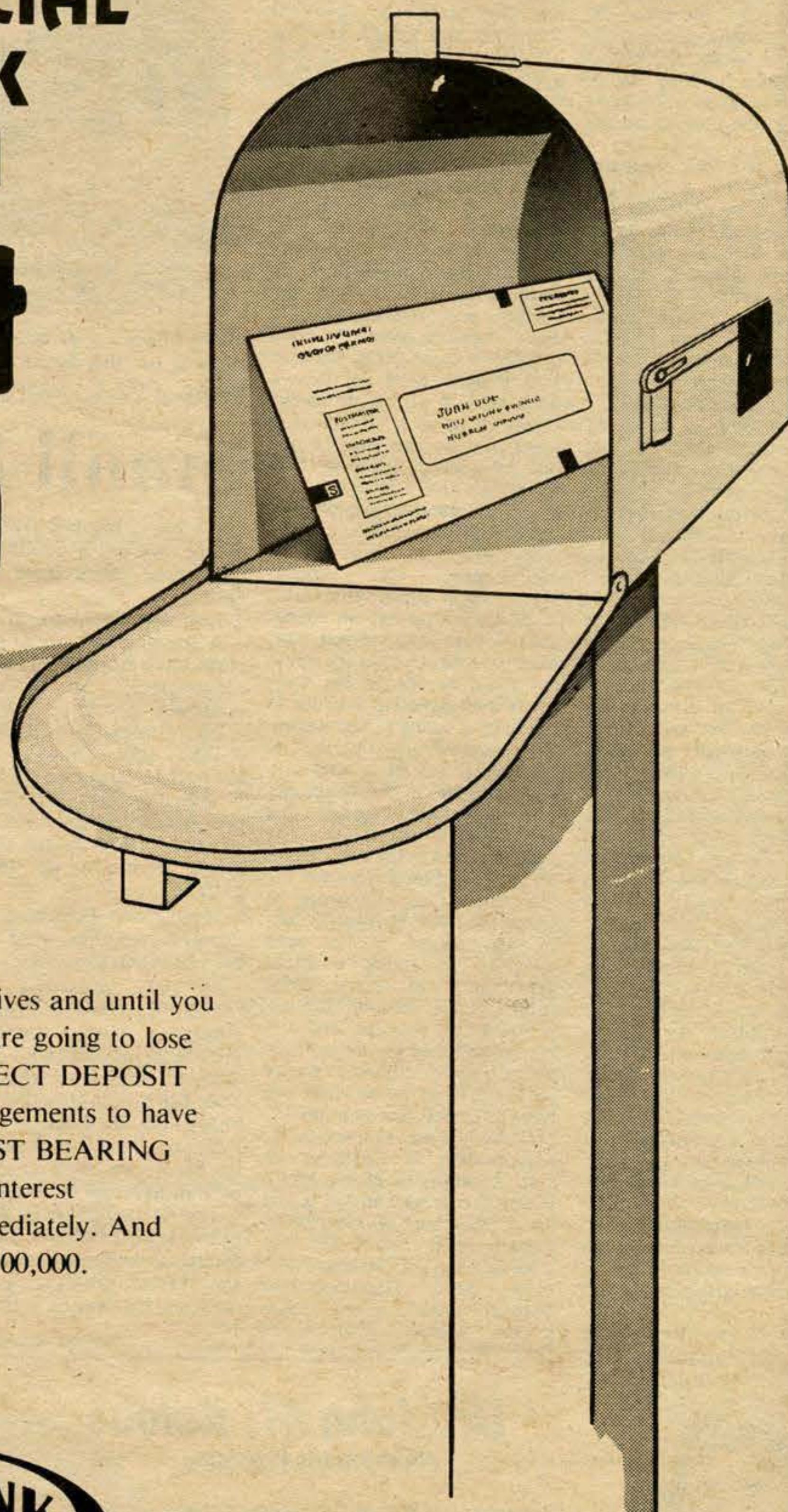

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Merritt Heads State Commission On Aging

Gov. Robert D. Orr has appointed Mrs. Jean Merritt of Indianapolis, executive director of the Indiana Community Service Administration (CSA) as executive director of the Indiana Commission on the Aging and Aged to succeed Maurice E. Endwright of Ellettsville, who is retiring.

Gov. Orr said Mrs. Merritt will continue to serve as director of CSA making her the first individual to be permanent director of two major state agencies. The Governor said an underlying reason for Mrs. Merritt's appoint as executive director of the Commission on Aging, is that the Community Services Administration's responsibilities are being curtailed by federal action.

"In contrast," Governor Orr said, "the responsibilities of the Commission on the Aging and Aged appear unlikely to be affected in a significant way by changes in the federal budget strategy."

Gov. Orr said "Our programs for the elderly are vitally important to me and I want to continue to make them as effective as humanly possible. Jean Merritt is one of the best administrators in state government and the public served by the Commission on Aging and CSA will benefit from her leadership.

"The two agencies eventually may be located in the same building. For the present, however, the Commission on Aging will remain in the Graphic Arts Building and the Community Service Administration will stay in the Consolidated Building."

Mrs. Merritt served as an associate superintendent of public instruction from 1973 to 1978, was the Republican nominee for state auditor in 1974 and was an unsuccessful candidate for the nomination for superintendent of public instruction at the 1980 Republican state convention.

A native of Kendallville, she graduated from William Woods College, Fulton, Mo., and earned a B. S. Degree from Indiana University in 1950 and an M. S. degree from Butler University in 1964. She did post-graduate study at Purdue and Indiana Universities.

A classroom teacher at Decatur Central and North Central High Schools in Marion County before entering public life, Mrs. Merritt has been active in professional, women's and Republican groups and has received numerous awards for varying types of services. She was named Woman of the Year in 1978 by the Indianapolis Star.

The second director of the 26-year-old Commission, Maurice E. Endwright officially retired May 1.

Director of the Commission since January 1973 when he was appointed to the post by former Governor Otis R. Bowen, Endwright has provided the leadership in developing the Indiana Aging Network, which has been proclaimed by many national leaders as the best in the nation. He came soon after the state qualified for Older Americans Funds and immediately had the responsibility to direct the organization of the state wide nutrition program, the designation of area agencies, the local Agency being the South Central Indiana Council for the Aging and Aged, Inc., Area 14, and the formation of the State Advisory Council. During his term of office, the Older Hoosier Act was inacted by the Indiana General Assembly and signed into law by Gov. Otis R. Bowen, providing the first state funding for aging programs.

In commenting on Indiana Aging programs Governor Bowen in his message to the 1980 Governor's Conference on Aging said, "Under the capable leadership of Maurice E. Endwright and his devotion to the aged; the aging network has developed services and advocacy; and programs open to older Hoosiers have expanded greatly in these eight years so that Indiana need not take a back seat to any state in the union in aging programs. His quiet manner, his loyalty and his efficiency as an administrator have set him a part as an outstanding member of the Bowen team."

Speaking at that same conference, Dr. Arthur Flemming of Washington D. C., U. S. Commissioner on Aging, said "I want to say to you, your executive director stands out in my mind as one of the truly great and effective leaders in the field of aging in our nation. He assumed his duties and responsibilities at a very important point in the history of work in the field of aging in this state, and in our nation. The congress was in the progress of laying the ground work for the development of a network on aging. Maurice Endwright saw in the concept of the area agencies on aging a great opportunity to serve older persons. He helped to implement that concept, and it is my feeling that the network on aging here in Indiana is one of the most effective networks we have anyplace in our nation."

Endwright has also served by appointment of Governor as state coordinator of the White House Conference on Aging and as a member of the inter-departmental board for the Coordination of Human Services, State Demonstration Project management committee, Indiana Council on Physical Fitness and Sports Medicine, and Public Transportation Advisory committee.

A native of Ellettsville, Endwright was founder, editor, and publisher of the Ellettsville Journal for 32 years and still serves as editor-emeritus and president of the Journal Publishing Company. He was county editor of the Bloomington Star and the Bloomington Evening World, and for ten years was co-publisher of the Spencer Evening World. He conducted a daily radio broadcast over Radio Station WTTS for 25 years and served as special correspondent to the Bloomington Herald Telephone and the Indianapolis Star.

He was serving as public relations director for a number of church related retirement homes when Gov. Bowen asked him to serve as director of the Commission.

The retiring director has received numerous local, state and national awards for his leadership in aging, youth, church and civic affairs, including being made a Sagamore of the Wabash by Governor Bowen on July 7, 1976 and being inducted into the Monroe County Hall of Fame in 1980.

PROVIDENCE
RETIREMENT
HOME

NEW SIGN — A bright, new "name tag" has been placed on the front lawn of Providence Retirement Home, 703 E. Spring St. Admiring this attractive acquisition is left, Sister Jane Maher, SP, business manager and Sister Noel Waters, SP, administrator.
(Tribune Photo By Bev Tully)

Small Repayments On Big Bills

We get a big bill from our doctor. We get a small reimbursement check from Medicare.

How does that happen?

A growing number of physicians have stopped "accepting assignment" on Medicare claims.

They think that Medicare doesn't pay enough. They know that they can do better — much better — by billing the patient directly for their services. They let the checks from Medicare go to the patient.

How much higher are our doctors' fees than what Medicare pays back to us?

In 1979, says the Ralph Nader-backed Health Research Group, Medicare beneficiaries had to pay more than $7 billion of the more than $10 billion that they were charged by their doctors.

That means that we seniors on Medicare were forced to pay an average of 70 cents of every dollar billed us by our physicians. Doctors' fees for Medicare recipients represent the fastest-growing component of the nation's medical bill.

A General Accounting Office report prepared for Sen. Lawton Chiles, D-Fla., found that Medicare beneficiaries annually pay $80 million too much out of their own pockets for medical services.

The report noted that surgeons sometimes charge two full fees when two surgical procedures are performed during one operation. This alone costs Medicare beneficiaries more than $50 million annually.

We have doctors charging too much. We have Medicare paying us and our doctors too little.

Enter the hatchetmen of the Reagan administration. Are they going to clamp down on the doctors who overcharge? Will they set up plans to control state by state the carriers of Medicare insurance?

No, sir! These officials have other axes to grind. They are charged with the task of checking and reducing the "entitlements" of Medicare and Medicaid recipients!

Which gives us activist seniors a four-part job to do.

First, we must get our doctors to accept assignment of Medicare claims.

Second, if our doctors refuse to do so, let's get new doctors and let the old ones know why.

Third, senior clubs and centers, backed by county offices for the aged, should start and maintain up-to-date lists of the names, addresses and specialties of doctors who accept assignment of Medicare claims.

Fourth, the lists of doctors who accept assignment should be made available through departments of health in every political jurisdiction in the country.

That way we can defend ourselves against the budget cutters and take charge of our own medical expenditures.

Dr. John M. Kalous

Dr. John M. Kalous
Chiropractic Physician

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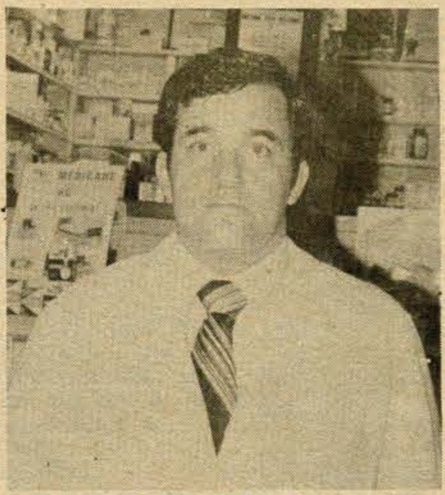

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MARION TORAN

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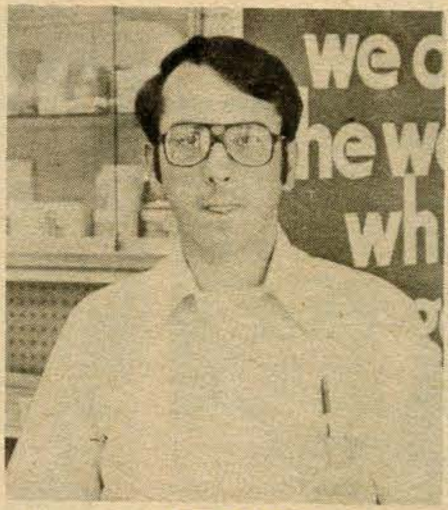
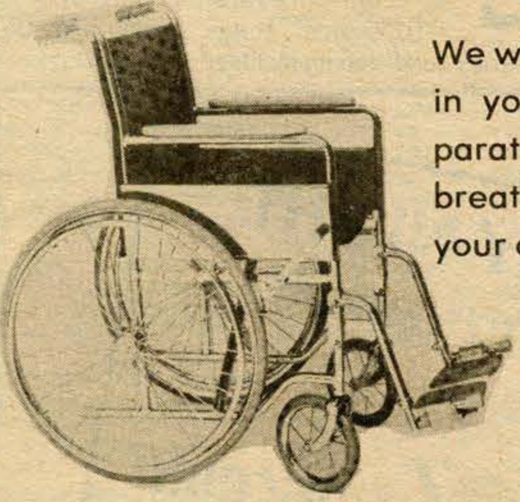


JIM SMITH



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Medicines Can Be Big Help If Used Wisely

Prescription and over-the-counter medications can make us healthy and keep us that way. If not taken properly, however, they can make us feel worse.

Drugs themselves are neither good nor bad, of course. It's the way in which they are used that makes the difference.

And using them properly is especially important for the 10 percent of the population over age 65 that now consumes 25 percent of the medications taken in the United States.

Everyone — old and young — who regularly takes medication should obtain the excellent booklet "Using Your Medicines Wisely: A Guide for the Elderly," prepared by the National Institute on Drug Abuse of the Public Health Service.

Fewer than half of the medicines now in use were on the market 10 years ago. These new drugs are helping many people — particularly elderly people — to enjoy longer, healthier lives.

But because older people generally take more medicines, they also run a greater risk of having problems with them. So, the booklet lists these things to do:

— Tell your doctor about all the medicines that you are taking and about any allergy or sensitivity that you may have to a drug.

— Understand all instructions before starting to use a medication. Know when to take it, how long to continue taking it and what to do if problems occur. For example, some medications should be swallowed only with water.

— Take medicines at the times that you are supposed to. People who take several drugs might be wise to have some system for keeping track of when to take all of them.

You might want to keep all medicine bottles in one place. An empty egg carton has room for as many as 12 small medicine bottles. Make sure that each is labeled with the name of the drug and the time of day that it should be taken.

— Phone your doctor if you notice any new symptoms or side effects.

— Keep drugs in air-tight containers. Store them properly.

- Keep a permanent record of all drugs and vaccines to which you are sensitive or allergic.

The booklet also has a list don'ts:

— Don't take more — or less — than the prescribed amount of a drug.

— Don't stop taking a drug without checking with your doctor — even if you feel better.

— Don't mix alcohol and medicine unless your doctor says it's OK. Many drugs react adversely with alcohol.

— Don't take drugs that were prescribed for someone else. And don't give your drugs to another person.

— Don't transfer a drug from its original bottle to another one.

— And don't keep old medicines in your medicine cabinet.

Communication between doctor and patient is important. Before visiting any doctor's office, make a list of all the medications that you are taking, including those that do not require a prescription, such as aspirin or laxatives.

This will help the doctor to prescribe new medicine. Otherwise, the combination of two drugs could produce a dangerous reaction or reduce their effectiveness.

"Using Your Medicines Wisely" has a handy chart to list the names of your drugs, their purposes, their colors and shapes, directions, cautions and the times of the day that they should be taken.

Inside is a smaller tear-out booklet titled "Passport to Good Health," which has spaces for recording names of doctors, hospitals, pharmacists, family members to be reached in an emergency and medicines that you are taking. The passport is small enough to be carried in a purse or a wallet.

You can be wise and healthy by requesting the book, DHEW Publication. No. (ADM) 80-705, from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

What's Your Opinion?

The Tribune's inquiring camera girl, Beverly Tully, recently asked the question, "What do you do in your spare time?"

LILLIAN JENKINS, Parkview Towers, "I take care of two rose beds here. They call me the 'Rose Lady.'"

ETHEL FERGUSON, Parkview Towers, "We go shopping on Thursdays. We go to a different mall every week. I'm down in the lounge here most of the time. We do whatever comes up."

DELIA CATES, Parkview Towers, "On Mondays we go to the New Albany Nursing Home and on Wednesdays we go to Lincoln Hills Nursing Home. Other days we come down to the lounge here at Parkview at 10 a.m. and work on different projects."

AMBER COATS, Parkview Towers, "I do the same thing everyone else here does."

JUANITA BANET, Riverview Towers, "I do everything. I'm on the go a lot. I do a lot of volunteer work."

CATHERINE GIBSON, Parkview Towers, "I'm down here at the lounge at 9 a.m. every morning. I do what everyone else does here. I go shopping and go to the Keen Agers on Monday afternoons."

SENIOR KING AND QUEEN — Lincoln Hills Nursing Home always takes part in the annual Harvest Homecoming and has many activities for their senior residents. Among these are the King and Queen contest at the home. Last year's winners, in front, were Bill Harrison and Pearl Lacefield as employee aide, Judy Blassett, center, looks on.

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Retirement Age Based On Income After Working Ends

A decision to retire is based on a host of factors. The person's physical ability to continue to work, medical conditions that may make continued work difficult if not impossible, psychological factors which may favor continued employment or, conversely, hasten the decision to retire - all these play a part.

For most people, however, possibly the most important consideration is their financial ability to stop working.

A decision to retire is a very individual matter. Seldom will two people faced with this decision have identical circumstances. For example, a worker with substantial savings or a company pension plan faces an entirely different situation from one with no resources other than social security.

Similarly, an individual expecting to work part-time following retirement can plan differently from one whose age, physical condition or a lack of employment opportunities precludes such planning.

For many people, social security retirement benefits consitute the most important - if not the only - source of retirement income. These benefits can be paid as early as age 62. If they start before the worker is 65, however, the amount of the checks will be reduced because they will be received over a longer period of time. The reduction amounts to 20 per cent at age 62, and a lesser reduction for people between ages 62 and 65.

When a person retires, monthly benefits also can be made to certain members of the family. They include a wife or husband 62 years of age or older, a wife less than 62 if she is caring for the worker's child who is under 18 or disabled and who is receiving monthly payments on the basis of the worker's record, unmarried children under 18, or 22 if a full-time student, and children over 18 who were severely disabled before age 22 and continue to be disabled.

For those eligible to retire at 65, but who decide not to, the eventually monthly benefit will be increased by one per cent for each year (1/12 percent for each month) that benefits are not paid.

People who reach age 65 in 1982 or later will receive a credit of three per cent for each year (¼ per cent for each month) that they delay retirement.

Persons expecting to retire at age 65 should contact their social security office two or three months earlier so their benefits can start when their income from employment stops. In addition, they will be able to establish eligibility for Medicare.

Those who wait until they are 65 before applying risk having their Medicare coverage delayed a month or more. It may also be advisable for people planning to retire to discuss their continuing health insurance needs as they relate to Medicare protection with their insurance company representative.

Additional information about social security retirement benefits can be obtained from any social security office.

House Fixer

For small repairs to a home call Harrison County, 738-3065; Scott County, 752-4134 and Floyd and Clark Counties, 948-0147.

RSVP Seeks Surplus Yarn

Have some yarn left over from c hat last knitting project? The Retired Senior Volunteer Program of the South Central Indiana Council for the Aging and Aged, Inc. will come to the rescue and take that surplus yarn.

R.S.V.P. has volunteers ready to dress dolls to be given to underpriviledged children for Christmas, to make mittens and tobaggans to keep little hands and ears warm in the winter and to make craft items for sale to help support our volunteer projects.

Any amount or type of yarn can be used. Pastels make especially nice doll clothes but any color is useful.

If you have any yarn you would like to donate, please call 948-8330 and one of the staff people will arrange to pick it up; or it may be dropped off at the office at 134 E. Main St., weekdays from 8 to 4:30.

Sitters Wanted

The council for the Aging and Aged, Inc., has a continual request for people who would be willing to sit days or nights with elderly citizens, you could take your conversation, reading or knitting with you. Call 948-0147 for more information.

Back Checks Are Limited

People who delay applying for social security retirement or survivor benefits for some time after they become eligible may be affected by a change in the law which took effect March 1, Mr. Hetzel, Social Security District Manger in New Albany, said recently.

Under the new law, back payments can be made only for up to six (6) months before the month of application. Under the old law, back checks could be received for up to 12 months before the month of application.

The change generally applies to retired workers over 65 and their dependents, and to widows, widowers, and dependent parents of deceased workers who are themselves over 62.

People who apply for reduced benefits - retired workers and their dependents under 65 and widows and widowers under 62 - - cannot generally get benefits for months before the month of application. This part of the law was not changed.

People who apply for benefits because they are disabled -- workers, adult children, widows and widowers – are not affected by the new law. They can still get benefits for up to 12 months before the month they apply if they are found eligible.

More information about applications for social security benefits can be obtained by calling social security at the toll-free number for Indiana residents, 1-800-382-9000.

AARP Has Busy Group Of Events

Floyd County Chapter No. 3217 American Association of Retired Persons will meet June 12 in the auditorium of the New Albany Public Library at 1 p.m.

Guest speaker will be Sylvester Amsler. He will show slides and narrate his trip to the Holyland. He will also display some articles he brought back with him. The club is open to those 55 years or older.

A group of 43 American Association of Retired Persons (A.A.R.P.) members took a trip to Cincinnati June 2 to see the Bob Braun show. They ate lunch at the Bob Braun Celebrity Inn and went to the show at 2 p.m. where they not only heard Bob Braun but heard country music singer John Wayne Gary.

Nancy James and Mark Preston, who are regulars on the show also sang. Pamela Cumming was interviewed about her book, "Widow First 12 Months." David Rube from Florist Shoppe showed flower designs for the Fourth of July using paper sacks and glass for flower pots. He laso used paper sacks for tatio parties, such as potato chips and popcorn. Different groups were recognized. The New Albany group was asked to stand.

Tour hostess, Grace Welch, was presented with a Maxwell House Coffeemaker and a 14 carat perfumed pen and pencil set. The show was taped and will be shown on TV June 23 on Channel 41. A.A.R.P. will take a tour of the New Albany Inn also this month.

THAT FOOD
THANK YOU!

GETTING READY — Sister Jean Patrice and Sister Ann Clement, left, get ready for the ice cream social planned at Providence Retirement Home Sunday, June 21. It will be open to the public from 2-5 and will feature door prizes. Tours of the home will also be given.

(Tribune Photo By Don Beck)

Ice Cream Social Set

The residents and staff at the Providence Retirement Home are having an old-fashioned ice cream social on the front lawn, Sunday, June 21.

"It's such a nice summertime activity," said Sr. Noel Waters, administrator of the Home, "that we thought why not celebrate Father's Day and the official beginning of summer with a real, old-fashioned ice cream social?

"Our front lawn is large and a lovely place for the social, especially since it's right on Spring Street. We're hoping that lots of passers-by and other folks will be attracted by the idea and will come and join the fun," she said.

Sr. Noel also said that tours of the Home will be given at 3 and 4 p.m. that day for those who wish to see the facility, which is home for dozens of retired persons from New Albany and surrounding areas.

"We're right here in the heart of town," said Sr. Noel, "but sometimes I don't think our neighbors really know us, so I hope this will be a good chance for a lot of interaction, a chance for us to all really socialize - not to mention getting some serious ice cream-eating done!"

Door prizes, such as gift certificates from a local restaurant and a local hardware store, will be given. Proceeds from the ice cream social will be used to purchase new chairs for the residents' dining room.

The ice cream social will be open to the public from 2 - 5 p.m.

Nursing Home Raises $382 For Riley Home

The employees and resident of Lincoln Hills Nursing Home working with Nancy Harrison, promotions coordinator for McDonald's Restaurant on Charlestown Road, raised $382.35 from their activities May 29, for Ronald's House at Riley Childrens Hospital in Indianapolis. This is a guest house for families visiting the hospital on extended stays.

Activities included a rummage and bake sale. All donations were from residents' families and the employees of Lincoln Hills.

McDonald's provided the coffee, orange drink and balloons for the children.

Kermit Housel brought one of his show horses and after putting on a show for the residents, he gave the children rides on the horse. He also put on a show with his pet goats.

Mrs. Mary Lou Tindle, administrator and Lorene Baumgart, activity director of Lincoln Hills and Nancy Harrison from McDonald's expressed appreciation for the support by the public.

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Grantline Road and Daisy Lane 945-4411
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THE PROVIDENCE RETIREMENT HOME

Perhaps we're exactly what you have been looking for, but gave up hope of ever finding.

Here Is Everything You Would Want In A Retirement Home, PLUS:

- A home-like atmosphere, yet a 77-resident capacity.
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- Men and women find here a dignified freedom, yet have no responsibility.

For more information and a personal tour, contact

Sister Noel Waters, S.P.
Administrator
(812) 945-5221
703 East Spring Street
New Albany, IN 47150

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Green Valley
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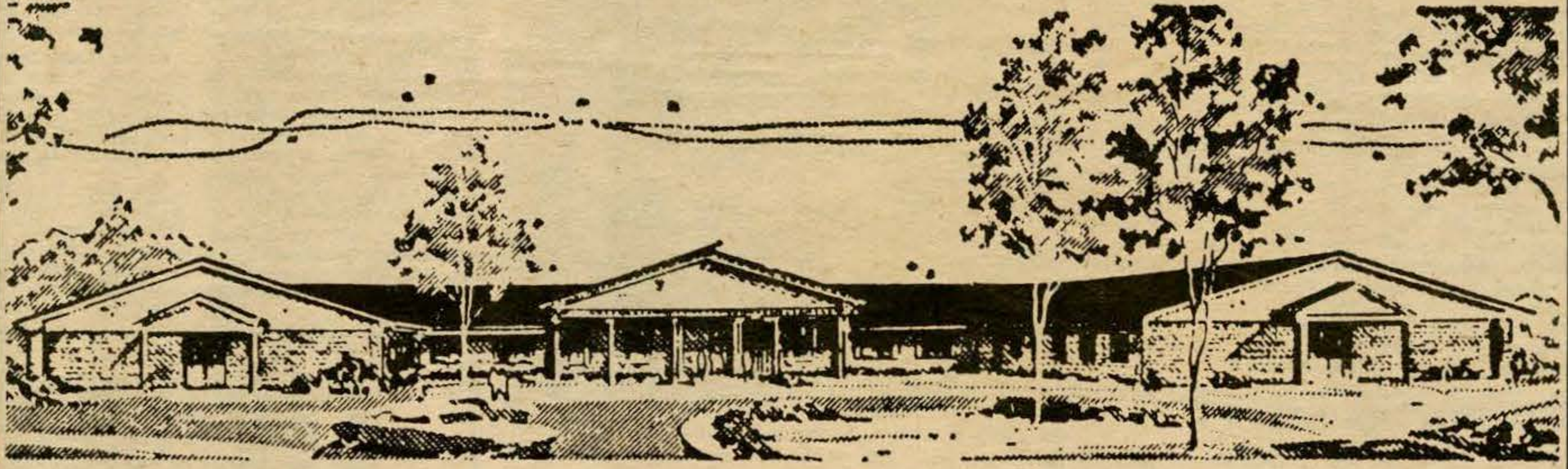

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THE INDIANA WEEKLY, WEDNESDAY, MAY 20, 1981

It's warm-up time for Senior Olympics

By DAVID HIGDON
Indiana Weekly Staff Writer

Staff Photo

Clarence Minter, almost totally blind for 15 years, bowls regularly and plans to compete in the Senior Olympics in September.

Clarence Minter has been blind for 15 years, but he is no stranger to 10-pin competition. He has been bowling for 11 years.

"I was bowling in a V. A. league today at Pee Wee Reese [lanes in Louisville]," Minter said last Thursday. "This coming week we're coming up on a tourney.

"I have bowled in a church league and there was competition there," the New Albany resident added. "Sometimes more than I can handle."

Like many people with a handicap, Minter can handle much more than many people believe. Given the right circumstances, he also will take on competition in horseshoes or checkers, as well as bowling.

The fact that many handicapped people can and do compete is what prompted the South Central Indiana Council on Aging and the Aged to stage what they are calling the Senior Olympics for persons 55 and older, with and without handicaps. Residents of Clark, Floyd, Harrison and Scott counties are eligible.

So on Sept. 18 and 19, Minter intends to roll more of his best shots against all-comers.

The idea for the competition came about because this is the International Year of the Disabled Person, according to Dorothy Mann, the council's nutritionist and Senior Olympics advisor.

"This is not something we just dreamed up," said Ms. Mann. "This is patterned after the Golden Age Games in Staniford, Fla." The Golden Age Games will be 8 years old this summer.

Ms. Mann discussed the idea with co-workers after watching a segment of television's "Real People" that featured the games.

During a phone call to Florida, she learned that another version existed in Indiana.

"Indianapolis has a Senior Olympics that will be in its third year this June," she explained.

She began working on the games in February.

And though the games are scheduled for September, Ms. Mann believes it isn't too early to tell those eligible about the Senior Olympics.

"Some of these people will need time to decide what events they want to participate in and start getting into condition," she explained.

There will be lots of events to chose from.

Besides bowling, there also will be horseshoe throwing, euchre, bridge, checkers, chess, a fishing rodeo, nine holes of golf and a five-division hobby show that will feature arts, ceramics, collections, crafts and horticulture.

You say that the competitions don't sound very Olympic-class? The events aren't really strenuous enough?

There also will be basketball, bicycle races of 2.5 and 5 miles, several swimming events, racquetball, track and field competition and a dance contest with waltz, jitterbug, foxtrot, Charleston, disco and free-style divisions.

"When you get to a certain age, there is no longer any form of competition," Ms. Mann said.

"We began to think this was a form of preventive medicine."

Besides, she said, older and disabled persons can do most of the things they once did, if society doesn't close them out.

Society as well as participants benefit from the Senior Olympics, according to David McCarty, a counselor with the Indiana Rehabilitation Services, Division of Services for the Blind.

"I think the main benefit is the positive change in attitude of the public," McCarty said.

"Generally, the physical handicap isn't as severe as the public's attitude toward the disabled," he explained.

"In other words, ability counts, not disability."

McCarty anticipates that about a dozen of his clients will eventually enter the Senior Olympics, plus a few "rehabilitated, vision-handicapped people who aren't" clients.

"There are very few of those activities that they won't be able to participate in," McCarty said. "It's almost easier for me to list the ones they won't be able to do: bicycle racing and billiards."

Ms. Mann said that whatever special equipment needed for a handicapped person to compete will be provided, as long as the council is informed of the need when a person enters.

"The prizes will be like in the real Olympics," she said. That means a gold medal for a first, silver and bronze for second and third, respectively.

There will be a 50-cent entry fee for each event.

Local parks and government officials are helping organize the Senior Olympics. And some businessmen also are pitching in.. Others are always welcome to provide T-shirts and bumper stickers, Ms. Mann said.

"We have a motto that is a quote from a man in the Indy Senior Olympics [Jim Foster] that we are using as our motto," said Ms. Mann.

"Senior Olympics will not add years to your life, but will add more life to your years."

For more information about the Senior Olympics, contact the South Central Council on Aging and the Aged at (812)-948-9161.

MONDAY, JUNE 22, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Frances Grigsby, pictured above, provided an afternoon of musical entertainment at the Ken Ellis Senior Opportunity Center, Jeffersonville. The Ken Ellis Center provides recreation and entertainment for senior citizens of the community.

New Albany woman to attend White House aging conference

Mrs. Alexander among 22 Orr selects

✓ June 4-81

Times Indiana Bureau and AP Dispatches

Dorothy Alexander, a 73-year-old widow who does much volunteer work with senior citizens in New Albany, has been chosen by Indiana Gov. Robert D. Orr to attend this year's White House Conference on Aging.

Mrs. Alexander has attended two governors' conferences on aging, but this will be her first visit to the national conference, a once-a-decade gathering that recommends policies for senior citizens.

Orr yesterday chose 22 delegates to the White House conference. They will join 13 selected by Indiana's congressmen to make up a state contingent of 35 among 1,800 voting delegates at the Nov. 29-Dec. 3 meeting. Another 35 Hoosiers will be among the 1,800 attending as non-voting observers.

Mrs. Alexander, who will attend her third governor's aging conference before the Washington meeting, said she plans to speak up at both conferences for better transportation and for lower-cost hospitalization insurance policies for the elderly.

Mrs. Alexander said problems of housing and meals for older people on restricted incomes are "pretty much under control," thanks in part to past conferences on the aging. Low-cost meal sites, such as the one she works at in Riverview Towers, were started after conferences recommended them.

Indiana Green Thumb, a federally funded agency that finds part-time community service jobs for persons over 55, nominated Mrs. Alexander for the White House conference.

"She's worked for Green Thumb for years," since March 1975, said Pam Fox, a spokeswoman for the Green Thumb office in Seymour. "She's a good example of a widowed lady that has the problem of finding employment after the age of 55. She's outspoken."

Mrs. Alexander serves meals to senior citizens at Riverview Towers and has charge of activities such as Bible studies and bingo.

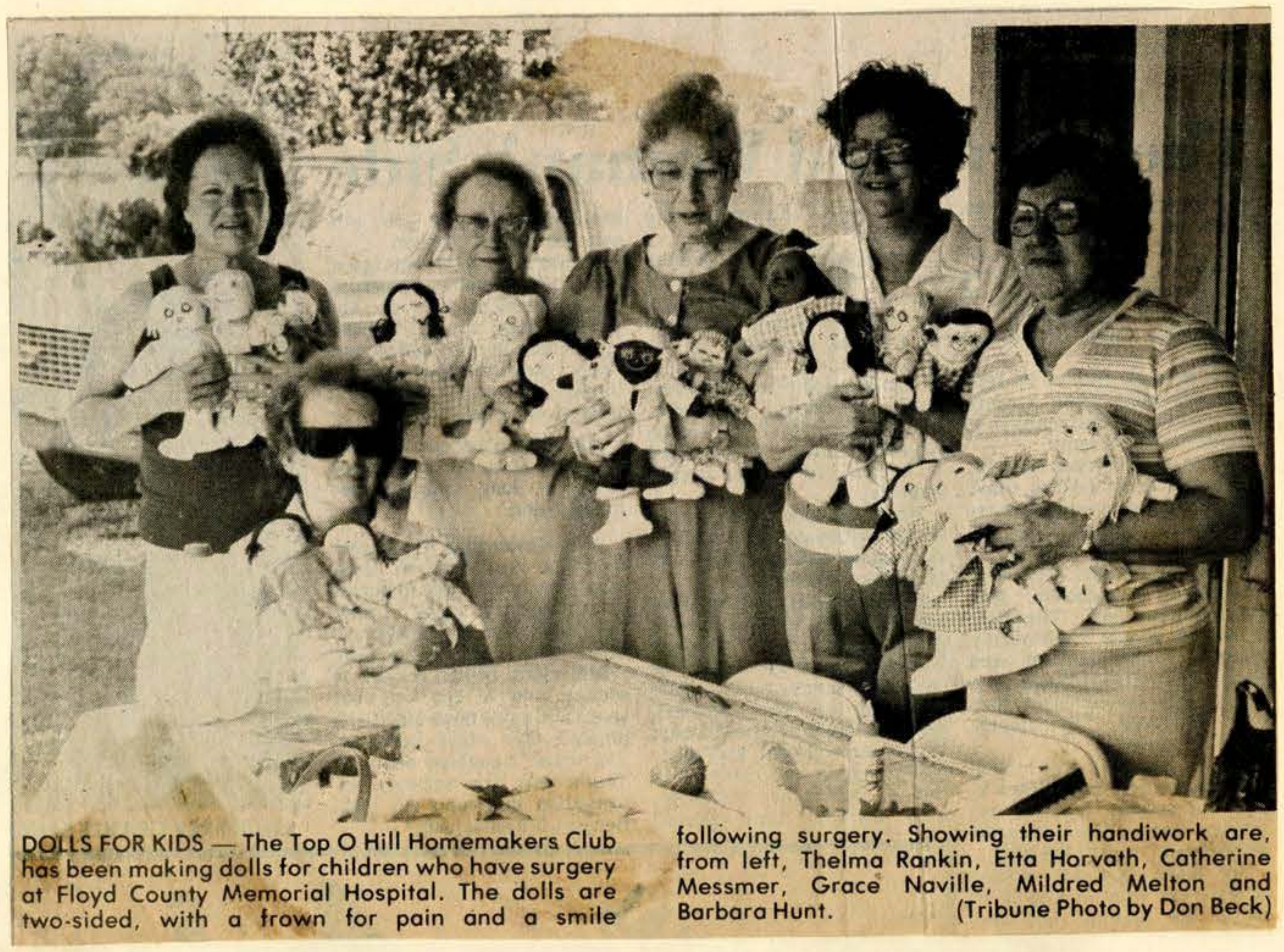
She is a member of the advisory board of the New Albany-based South Central Council for the Aging and Aged Inc.

In naming the delegates yesterday, Orr said, "I have attempted to develop a balanced delegation that reflects Indiana's attitudes and knowledge about the elderly. We have delegates who have a lifetime of professional work with the aged and others who have a sincere interest but no professional involvement."

Orr said the number of delegates apportioned Indiana is based on the percentage of the state's population over age 55.

Other Southern Indiana delegates appointed by Orr were Elnora Cooper of Paris Crossing, Helen McCormick of Mount Vernon, Maurice E. Endwright of Ellettsville, Harry E. Thompson of Evansville, and Eugene Purlee of Orleans.

The Tribune, New Albany, Ind., Wed., Jun. 17, 1981



DOLLS FOR KIDS — The Top O Hill Homemakers Club has been making dolls for children who have surgery at Floyd County Memorial Hospital. The dolls are two-sided, with a frown for pain and a smile following surgery. Showing their handiwork are, from left, Thelma Rankin, Etta Horvath, Catherine Messmer, Grace Naville, Mildred Melton and Barbara Hunt. (Tribune Photo by Don Beck)

The Corydon, In., HARRISON COUNTY PRESS, Wednesday, June 17, 1981

Green Thumb Program employees 16,000

The Green Thumb Program is funded under Title V of the Older Americans Act. Green Thumb is an employment and training program for men and women age fifty-five and over in rural areas to carry out community betterment and conservation programs, strengthen existing community projects and provide special outreach services to help the aged, shut-ins, and handicapped.

Green Thumb is sponsored by National Farmers Union and funded by the U.S. Department of Labor and Local Project Sponsors, who provide a percentage of the cost of the program through in-kind contributions of material and supervision for the Green Thumb workers. Green Thumbers may work for tax supported institutions and some non-profit organizations who qualify under the 501 C3 Internal Revenue Tax Exemption Code.

Green Thumb now provides over 16,000 jobs for older low-income men and women in 47 states, Puerto Rico and the District of Columbia. These Green Thumb employees work on a wide variety of essential, worthwhile facilities and services that local sponsors otherwise could not afford.

The men and women of Green Thumb acquire a new sense of dignity and self-esteem when they are allowed to use their skills and experience in Green Thumb employment. The wages earned through Green Thumb help these individuals become more independent and enables them to return to the mainstream of community activity. Many Green Thumb workers feel the program has added years to their lives through the rehabilitative effects of becoming active again.

To qualify for Green Thumb employment, a person must be fifty-five years of age or older, have a farming or rural background, pass a medical examination, and have an annual family income at or below these guidelines: for a non-farm family of one, the maximum income guidelines are $4,738.00, for each additional family member, add $1,525.00. For a farm family of one, the maximum income guidelines are $4,063.00, for each additional family member, add $1,287.00.

Indiana Green Thumb

The average age of Indiana Green Thumb employees is 67, with several workers in their 80's and 90's.

The Indiana Green Thumb Program is presently funded for July, 1980, through June, 1981, with 654 permanent Green Thumb positions. At this time, 731 men and women work in the 79 authorized-operating counties in Indiana.

Indiana Green Thumb is working with Federal, State, and Local Tax supported agencies, in addition to some non-profit organizations. Some examples are as follows: U.S. Wildlife Refuge, and Hoosier National Forest, Indiana Department of Natural Resource, Parks, Forests, Reservoirs, and Memorials,

Senior Citizens Centers, Nutrition Sites, Girl and Boy Scouts of America, City and Town Recreation Department, American Red Cross Chapters, Welfare Departments, County Health Agencies, Historical Museums, and various community action agencies doing home repair and winterization.

Indiana Green Thumb also consists of two other programs:

Energy Conservation Demonstration Program: The goal of this program is to develop employment opportunities and provide training and supportive services for low-income rural workers fifty-five and older in the new and rapidly expanding industries of Energy Conservation and the use of renewable resources as an energy source.

Rural Job Development and Training: The purpose is to counsel, educate, and encourage rural public and private employers in how to effectively increase employment opportunities for men and women age 40 and over. We are raising the level of awareness and sensitivity of the general population regarding the skills, capabilities, attitudes and job worthiness of rural persons above the age of 40.

If further information is desired, please contact our office at Indiana Green Thumb, P.O. Box 687, 201 North Lynn, Seymour, Indiana 47274, (812) 522-7930.

June 19, 1981 First Aid workshop
Savannah Baird, Diane Byrd
Emily Perronie--Instructor

June 19, 1981 First Aid Workshop
Diane Byrd, Joyce Staples
Emily Perronie, Instructor

June 19, 1981 First Aid Workshop
Joyce Staples, George Doss

Area 14 senior queen contest is set for July 11

The eighth annual Area 14 Senior Queen Contest will be held July 11 at 2 p.m., at Riverview Towers in New Albany. The contest is open to any woman 65 years of age or older who lives in Clark, Floyd, Harrison or Scott counties. The contestants are judged on personality, poise, pep and civic contributions.

The woman chosen to represent Area 14 will compete with 15 other area queens at the Indiana State Fair for the title of Indiana Senior Queen. The Area 14 Senior Queen will also attend other functions during her reign and will ride on the Senior Queen Float for Harvest Homecoming.

Civic organizations are urged to sponsor a candidate. To receive further information or to enter the contest, contact Nancy Shiner, program developer, at 812-948-8300. The deadline for entering the contest is July 3.

The contest is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., Kiwanis of Historic New Albany and Jeffersonville Jaycees.

THE BANNER-GAZETTE, Wednesday, June 24, 1981

Civic groups asked to sponsor Senior Queen Contest candidate

The eighth annual Area 14 Senior Queen Contest will be held on Saturday, July 11, 2 p.m., at Riverview Towers, New Albany. The contest is opened to any senior lady 65 years of age or older, who resides in Clark, Floyd, Harrison, or Scott County. The contestants are judged on personality, poise, pep, and civic contributions.

The woman chosen to represent Area 14 will compete with 15 other Area Queens at the Indiana State Fair for the title of Indiana Senior Queen. The Area 14 Senior Queen will also attend other functions during her reign and will ride on the Senior Queen Float for Harvest Homecoming.

The 1980 Senior Queen is Clara M. Mathley of Speed. Mrs. Mathley is a retired educator having served as teacher and principal for 51½ years in the West Clark Community School System. She placed second at the Indiana Senior Queen Contest. Mrs. Mathley has described her year as Senior Queen as one of the most enjoyable.

Each civic organization is urged to sponsor a deserving lady. To receive further information or to enter the contest, contact Nancy Shiner, Program Developer, at (812) 948-8330. The deadline for entering the contest is July 3.

The contest is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., Kiwanis of Historic New Albany, and Jeffersonville Jaycees.

MONDAY, JUNE 29, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Contest Planned

The eighth annual Area 14 Senior Queen contest is scheduled for July 11 at 2 p.m. at Riverview Towers, New Albany. The contest is open to any senior lady 65 years of age or older who is a resident of Clark, Floyd, Harrison or Scott County. The contestants will be judged on personality, poise, pep and civic contributions.

The woman chosen to represent Area 14 will compete with 15 other area queens at the Indiana State Fair for the title of Indiana Senior Queen. The Area 14 Senior Queen will also attend other functions during her reign and will ride on the Senior Queen Float for Harvest Homecoming.

The 1980 senior queen is Clara M. Mathley of Speed. Mrs. Mathley is a retired educator having served as teacher and principal for 51 years in the West Clark Community School System. She placed second in the Indiana Senior Queen Contest.

The contest is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

Ledger-Tribune, New Albany, Ind., Sun., June 28, 1981

RECOGNIZED — Residents of Parkview Towers were recognized by Gerrie Kaps, administrative assistant to Mayor Robert Real, during a luncheon at the Ken Ellis Senior Center in Jeffersonville. From left are Mrs. Kaps, Delia Cates, Ms. Congeniality, for her involvement and concern in the Parkview Activities Program; Catherine Gibson, the youngest participant in the activities program, and Ethel Ferguson, the oldest participant.

(Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Mon., Jun. 29, 1981

BAZAAR AND BAKE SALE — The residents of Parkview Towers are having a bazaar of craft items, clothing and a bake sale tomorrow beginning at 10 a.m. at the towers. The public is invited. Showing some of the items for sale are, from left, Mamie Loughmiller, Vivian Vest, Eva Clark, Aline Seefried, Rebecca Ramsey, Delia Cates and Clara McMahan.

(Tribune Photo By Beverly Tully)

THE BANNER-GAZETTE, Wednesday, July 1, 1981

Senior Citizens Conference scheduled in New Albany

Congressman Lee Hamilton will be the host at a Senior Citizen Conference to be held on Thursday, July 2, at 2 p.m. (EST) at the Scribner Junior High School, located on 910 Old Vincennes Road, New Albany.

Mr. Hamilton will introduce panel members for a question and answer session. Panel members will be from the Social Security Administration, the Veterans Administration, Indiana Department of Public Welfare, Blue Cross and Blue Shield, and the State Commission on Aging and Aged. It will begin at approximately 2:15 p.m.

After the meeting has adjourned, at around 3:30 p.m., the panel members will be available briefly for questioning by individuals.

The conference is open to all interested persons.

MONDAY, JUNE 29, 1981

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aging and Aged, Inc. sponsored an appreciation dinner at the Ken Ellis Senior Opportunity Center, Jeffersonville. Pictured from left are Max Mason, president of the board of the South Central Indiana Council for the Aging and Aged, Inc.; Ola Thornton, honored for participation in the activities program the longest and Nellie Graybeal, who was honored for her outgoing personality. Not pictured but honored at the appreciation dinner is Glover Miller, who received recognition for his support to the ladies and staff of the Ken Ellis Senior Opportunity Center and was also honored for his artistic talent.

The Charlestown, In., COURIER, Wednesday, July 1, 1981

Senior queen contest underway

The eighth annual Area 14 Senior Queen Contest will be held on Saturday, July 11, 2:00 p.m., at Riverview Towers, New Albany. The contest is open to any senior lady sixty-five years of age or older and residing in Clark, Floyd, Harrison, or Scott County. The contestants are judged on personality, poise, pep, and civic contributions.

The woman chosen to represent Area 14 will compete with fifteen other area queens at the Indiana State Fair for the title of Indiana Senior Queen. The Area 14 Senior Queen will also attend other functions during her reign and will ride on the Senior Queen Float for Harvest Homecoming.

The 1980 Senior Queen is Clara M. Mathley of Speed, Indiana. Mrs. Mathley is a retired educator having served as teacher and principal for 51½ years in the West Clark Community School System. She placed second at the Indiana Senior Queen Contest. Mrs. Mathley has described her year as Senior Queen as one of the most enjoyable.

Mrs. Mathley, a widow, will crown this year's queen July 11 at Riverview Towers.

Mrs. Mathley is an active 77-year-old and serves on the board of directors of the Silver Creek Senior Citizens and Civic Center. She is a retired educator, serving as a teacher and principal for 51½ years in the Clark County School System.

She has a variety of interests, and retirement does not mean a lack of activity. She is a member and has served as president of the Extension Homemakers Club for three years. She is president of the women's Circles of the Sellersburg United Methodist Church and is a member of the choir and bell choir of her church.

Mrs. Mathley was a member of the Clark County Welfare Board for 12 years and was chairman of the regional conference of the southeast area on social work for two years.

She is also a member of Lambda Chapter of Delta Kappa Gamma and the League of Women Voters.

Clara holds her B.S. degree from the University of Louisville and belongs to the Senior Citizens there. She is a personality of the West and Midwest outstanding and distinguished.

Each civic organization is urged to sponsor a deserving lady. To receive further information or to enter the contest, contact Nancy Shiner, Program Developer, at (812) 948-8330. The deadline for entering the contest is July 3.

The contest is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., Kiwanis of Historic New Albany, and Jeffersonville Jaycees. +

The Tribune, New Albany, Ind., Thurs., July 9, 1981

SENIOR HOUSE OFFICERS — The New Albany Senior House, founded in 1965 has a purpose of providing opportunities for social and recreational activities for senior citizens and promoting programs for their well-being. The group was chartered in 1971. The present membership is 77 and new members are welcome. Dinner meetings are held Monthly in the Amalgamated Building, 1614 E. Spring St. Present officers are, seated, from left, Kenneth E. Timberlake, second vice president; Richard C. Kraft, first vice president; Frank Mardis, president; Eleanora Hauber, treasurer and Irma Kraft, secretary. Standing are, James O. Burgess, trustee; Zula Burnett, past president; Harry Naville and Arvil Neidiffer, trustees.

Ledger-Tribune, New Albany, Ind., Sun., July 12, 1981

SENIOR QUEEN — Clara Mathley, left, 1980 senior queen of Area 14, which covers Floyd, Clark, Washington and Scott Counties, crowns and presents the robe to Margaret Rose Leap of Speed, who was named this year's queen and will represent the area at the Indiana State Fair. Mrs. Leap is a retired teacher with the West Clark School Corporation. First runner-up was Willie Canter of New Albany, president of the Floyd County chapter of the American Association of Retired Persons. Second runner-up was Jennie Stoner of Jeffersonville. The contest was sponsored by the Council for the Aging and Aged, Kiwanis of Historic New Albany and the Jeffersonville Jaycees. Looking on at the crowning is Ron Grooms, who was emcee of the event.

(Tribune Photo by Jane Alcorn)

THE SENTINEL, Wednesday, July 15, 1981

THE BANNER-GAZETTE, Wednesday, July 15, 1981

Margaret Rose Leap of Speed, receives a bouquet of roses after winning the Area 14 Senior Queen contest. Ms. Leap, a worker for the Kidney Foundation, taught in the West Clark Community Schools for 20 years.

Willie Canter of New Albany was the first runner-up in the contest and Jennie Stoner of Jeffersonville was the second runner-up.

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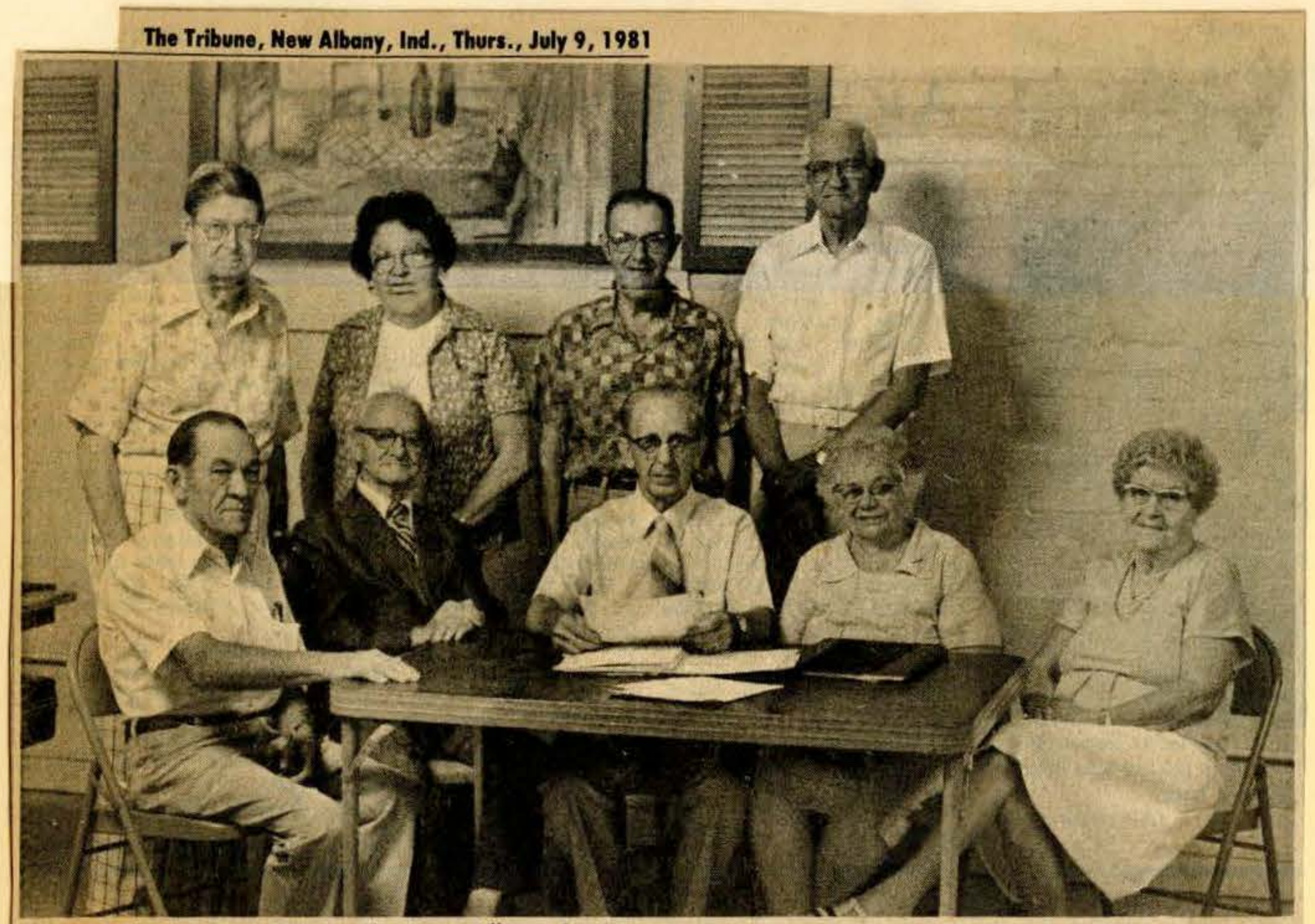
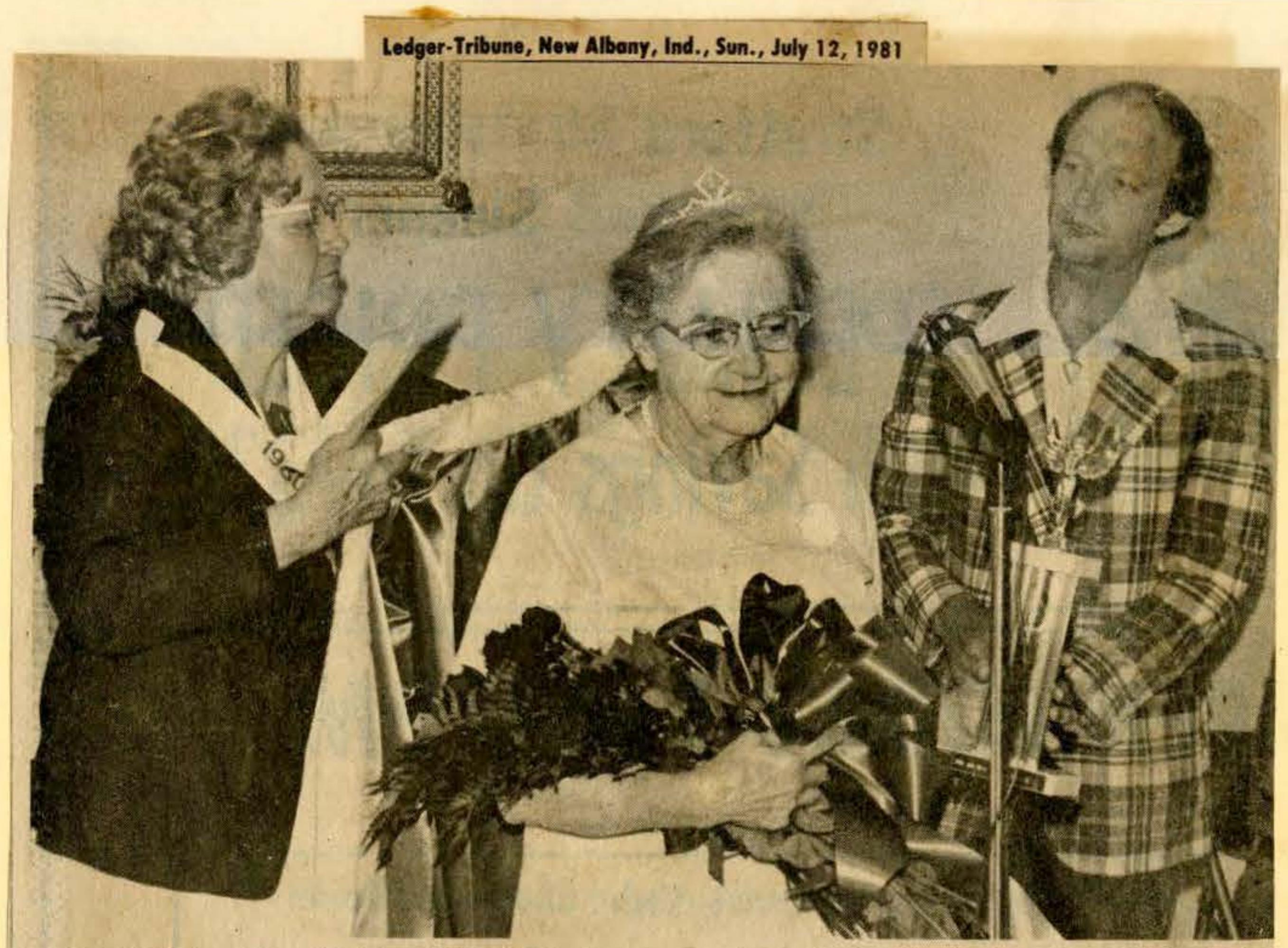
The Tribune, New Albany, Ind., Thurs., July 9, 1981



SENIOR HOUSE OFFICERS — The New Albany Senior House, founded in 1965 has a purpose of providing

officers are, seated, from left, Kenneth E. Timberlake, second vice president; Richard C. Kraft, first

Ledger-Tribune, New Albany, Ind., Sun., July 12, 1981



SENIOR QUEEN — Clara Mathley, left, 1980 senior queen of Area 14, which covers Floyd, Clark, Washington and Scott Counties, crowns and presents

president of the Floyd County chapter of the American Association of Retired Persons. Second runner-up was Jennie Stoner of Jeffersonville. The

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PAST AREA 14 SENIOR QUEENS

1973---FLORA BROWN
1974---BESSIE STICKER
1975---MARY McKINNEY
1976---FANNIE MIDDLETON
1977---RUTH KENNEDY
1978---MILDRED SANDERS
1979---CARMEN VAN WINGEN
1980---CLARA M. MATHLEY

UPCOMING EVENTS

AUGUST 21---STATE SENIOR QUEEN CONTEST
AUGUST 22---AREA 14 INDIANA STATE FAIR DAY
SEPTEMBER 17, 18, 19---SENIOR OLYMPICS
OCTOBER 3-10---HARVEST HOMECOMING

AREA 14 SENIOR QUEEN CONTEST IS SPONSORED BY KIWANIS OF HISTORIC NEW ALBANY, JAYCEES OF JEFFERSONVILLE, AND THE SOUTH CENTRAL INDIANA COUNCIL FOR THE AGING & AGED, INC.

Senior Queen Contest

AREA 14

SATURDAY, JULY 11, 1981

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The Tribune, New Albany, Ind., Thurs., July 9, 1981

SENIOR HOUSE OFFICERS — The New Albany Senior officers are, seated, from left, Kenneth E. Tim-

Ledger-Tribune, New Albany, Ind., Sun., July 12, 1981

SENIOR QUEEN — Clara Mathley, left, 1980 senior

president of the Floyd County chapter of the American Association of Retired Persons. Second

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Program

MUSICAL PERFORMANCE.............LESLIE DEMPSEY,
1980 HARVEST HOMECOMING QUEEN

WELCOME........................THELMA BERTRAND,
EXECUTIVE DIRECTOR

INTRODUCTIONS...................THELMA BERTRAND

1980 SENIOR QUEEN---CLARA M. MATHLEY

PAST AREA 14 SENIOR QUEENS

SENIOR QUEEN CANDIDATES---WILLIE CANTER
DELIA CATES
BEULAH COOK
ROSA MAE GRAVES
MARGARET ROSE LEAP
JENNIE STONER
SARAH UNDERHILL

JUDGES---LARRY ALT
REBECCA LOONEY
TERRI SIEBERT
LEM TRAVILLIAM
JAMES WATHEN

ESCORTS---BEN FOUST
R.J. HUNTER
TONY TRINKLE

HONORED GUESTS

OFFICE STAFF

MASTER OF CEREMONY---RON GROOMS

DRAWING FOR DOOR PRIZES (CANDIDATES WILL BE ESCORTED FROM THE ROOM)

15bb

PRESENTATION OF SENIOR QUEEN CANDIDATES
AND QUESTION & ANSWER PERIOD.....................MASTER OF CEREMONY

JUDGES' CONSULTATION............................MORE FROM LESLIE

PRESENTATION OF GIFTS...........................MASTER OF CEREMONY

OLDEST MALE SENIOR CITIZEN

OLDEST FEMALE SENIOR CITIZEN

SENIOR CITIZEN EMPLOYED AT ONE JOB THE LONGEST

SENIOR CITIZEN BORN THE FARTHEST FROM NEW ALBANY

SENIOR LADY WITH MOST CHILDREN

DRAWING FOR MORE DOOR PRIZES

PRESENTATION OF 1980 SENIOR QUEEN................CLARA M. MATHLEY

CORONATION CEREMONY.............................MASTER OF CEREMONY
NANCY SHINER

2ND RUNNER UP

1ST RUNNER UP

1981 SENIOR QUEEN

CLOSING REMARKS.................................THELMA BERTRAND

RECEPTION

THE BANNER-GAZETTE, Wednesday, July 22, 1981

Older citizens recognized at Senior Queen ceremony

Margaret Rose Leap was crowned 1981 Area 14 Senior Queen in ceremonies at Riverview Towers, New Albany, on July 11.

Mrs. Leap is a retired school teacher from West Clark Community Schools, a director of Happy Senior Citizens Club, and an active participant in community activities in Speed. She will represent Area 14 (comprised of Clark, Floyd, Harrison, and Scott Counties) in the Indiana Senior Queen Contest on Friday, August 21, at the Indiana State Fair.

First runner-up is Willie Canter, a resident of New Albany. Mrs Canter was sponsored by the "Friendship Club" of DePauw Memorial United Methodist Church. Second runner-up is Jennie Stoner, sponsored by the Clark Association of Arts and Crafts.

Other candidates for Senior Queen were Delia Cates of New Albany, Beulah Cook of Charlestown, Rosa Mae Graves of New Albany, and Sarah Underhill of Jeffersonville.

Special recognitions were given to the following: Oldest Senior Male and Female--Peter Timperman and Bertha Korbe; Senior Citizen Employed at One Job the Longest--Clara Mathley; Senior Citizen Born the Farthest from New Albany-Beulah Cook; Senior Lady with Most Children--Willie Canter.

Honored guests included Clara Mae Mathley, 1980 senior queen; Leslie Dempsey, 1980 Harvest Homecoming queen; Robert Real, mayor of New Albany; Sister Mary Loyola Bender of Washington, D.C., former president of the Board of Directors for the Council for the Aging and administrator of Providence Retirement Home; and Dorothy Alexander, delegate to the White House Conference on Aging.

The 1981 Area 14 Senior Queen Contest was sponsored by the South Central Indiana Council for the Aging & Aged, Inc., Kiwanis of Historic New Albany, and Jeffersonville Jaycees.

THE BANNER-GAZETTE, Wednesday, July 29, 1981

Federal ACTION grant funds continuation of RSVP program

ACTION, the federal agency for volunteer service, has awarded a $46,200 grant to the South Central Indiana Council for the Aging and Aged, Inc. to fund the continuation of a Retired Senior Volunteer Program (RSVP).

The grant, announced recently by ACTION Indiana Program Director Thomas L. Haskett, will be matched with $13,852 in non-federal, local funds, and enable the RSVP project to operate through June 30, 1982.

The Retired Senior Volunteer Program is designed to utilize the talents and skills of retired persons who are 60 and older. Volunteers serve in private or public non-profit organizations such as schools, libraries, courts, museums, hospitals, and day-care centers.

Started in 1969 by the U.S. Department of Health, Education and Welfare, RSVP came under the Administration of ACTION in July, 1971.

RSVP is planned, organized, and operated on the local level. It is developed under the auspices of an established community service organization or agency.

Any retired person age 60 or older can become an RSVP volunteer; there are no education, income or experience requirements.

RSVP volunteers serve without compensation, although they may be reimbursed for such expenses as transportation.

Currently there are more than 400 volunteers serving in the New Albany RSVP project.

Further information about the RSVP program can be obtained by contacting RSVP Director Peggy Brooker at the South Central Indiana Council for the Aging and Aged, Inc. in New Albany.

Other ACTION programs include the Peace Corps, Foster Grandparent Program, Senior Companion Program, and University Year for ACTION.

THE BANNER-GAZETTE, Wednesday, July 22, 1981

Senior Olympics coordinator reports enthusiastic response

The Senior Olympics, which have been scheduled for September by the South Central Council for the Aging and Aged, Inc., is generating quite a bit of interest, according to Dorothy Manns, coordinator for the event.

"Everyone is very responsive. Everyone that I've talked to has been very enthusiastic," Manns said. "We're real excited about it. I think we're going to have a lot of fun," she said.

Manns also reports that community organizations are willing to provide assistance with the events.

Senior Olympics will not add more years to your life, but more life to your years. That's the motto of the first annual Senior Olympics for residents of Clark, Scott, Harrison and Floyd Counties who are 55 years or older.

According to Manns, the purpose of the Olympics"...is to promote better health, and physical fitness. Just because you're a certain age doesn't mean you can't exercise."

The Senior Olympics events begin on September 17, at 7 p.m. with a table tennis tournament at the Ekin Avenue Recreation Center, 1721 Ekin Avenue, New Albany. The next day begins bright and early at 8 a.m. with a golf match at the Wooded View Golf Course in Clarksville.

The Hobby Show begins at 10 a.m. at the Green Tree Mall. The show has competitions for arts, photography, stitchery, crafts, collections, ceramics, and horticulture.

Bowling competition is scheduled for 1:30 p.m. at Silver Creek Lanes in Sellersburg. At 3 p.m. there will be a horsehoe pitch at the Jaycees Riverfront Park in New Albany.

The Olympics continues with bicycle races in the IUS Central parking lot at 5 p.m. Swimming events follow at 6:30 p.m. in Scribner Junior High School in New Albany.

Friday ends with checkers, euchre, chess, and bridge tournaments at 7 p.m. in the Ekin Avenue Recreation Center.

The final day of the Olympics, Sept. 19, starts at 8 a.m. with a fishing rodeo at Wyandotte Lake in Corydon. There will be awards for the most fish and the biggest fish.

Two contests are scheduled for 10 a.m.: a pancake race at the Green Tree Mall and track and field events at the Jeffersonville High School.

An awards presentation for the Hobby Show will be held at noon in the Green Tree Mall. Afterwards a dance contest is scheduled at 1 p.m. in the IUS Hoosier Room.

Racquetball for singles and doubles is the next event. The competition begins at 2 p.m. in the Green Tree Racquetball Club, Clarksville. Basketball contests for "horse" and free-throw follow at 2:30 p.m. in Community Park in New Albany.

An awards dinner will be held Sept. 19, according to Manns, although a time has not been set yet. The Senior Olympics ends at 9 p.m. when the Hobby Show shuts down.

A three-week tennis tournament is also part of the Senior Olympics. The first week of competition lasts from Aug. 17-22 for ages 55-59. The second week for ages 60-69 will be Aug. 24-29. The final week for senior citizens 70 years and over will be Aug. 31-Sept. 5.

A competitor may play singles, doubles, and mixed doubles according to the United States Lawn Tennis Association rules. The tournament will be held at the Skyline Tennis Club in Floyds Knobs.

The first three finalists in each event will receive medals. Also, a female and male overall winner will be awarded a trophy according to a point system.

All events cost 50 cents to enter except bowling which costs 50 cents plus $2.10 for lane fees. Participants must register by August 31.

For further information, call 948-8330.

The Tribune, New Albany, Ind., Tues., July 28, 1981

Day At The Fair

South Central Indiana Council for the Aging & Aged, Inc., announces Area 14 Day at the Indiana State Fair on Saturday, Aug. 22. All people 60 years and older and residents of Clark, Floyd, Harrison and Scott Counties are invited to Indianapolis.

Air-conditioned buses will leave various pick-up points at 7 a.m. (EDT) and will return at approximately 6 p.m. (EDT). The trip fee of $10.00 includes ticket to the fiar and transportation; it does not include meals. The trip fee must be paid by Monday, Aug. 3, and is not returnable. For reservations and further information, contact Linda Wood, Activity Director, at (812) 283-7356 or Nancy Shiner, Program Developer, at (812) 948-8330.

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The first three finalists in each event will receive medals. Also, a female and male overall winner will be awarded a trophy according to a point system.

All events cost 50 cents to enter except bowling which costs 50 cents plus $2.10 for lane fees. Participants must register by August 31.

For further information, call 948-8330.

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, July 29, 1981

Senior citizens invited to fair

Area 14 Day will be held Saturday, Aug. 22 at the Indiana State Fair, according to an announcement by the South Central Indiana Council for the Aging and Aged, Inc.

Residents of Harrison, Clark, Floyd and Scott counties who are 60 years and older are invited to make the trip to the fair at Indianapolis. Air-conditioned buses will leave various pick-up points at 7 a.m. (EDT) and return at approximately 6 p.m. The trip fee of $10 includes a ticket to the fair and transportation. It does not include meals. The fee must be paid by Monday, Aug. 3, and is not returnable.

For reservations and further information, call Linda Wood at 1-283-7356 or Nancy Shiner at 1-948-8330.

THE SENT NEL, Wednesday, July 15, 1981

Retired Volunteers Contribute 50,000 Hours

By MARTI BERGSTROM

About 400 Floyd Countians who are part of the Retired Senior Volunteer Program (RSVP) last year donated approximately 50,000 hours of their time to various volunteer projects.

Participants in RSVP, which is sponsored by the South Central Indiana Council for the Aging and Aged, must be at least 60 years old and semi-retired.

RSVP gives senior citizens a variety of volunteer opportunities, allows the volunteers to meet new people and develop new interests and many of the RSVP projects benefit other senior citizens or children.

Members of RSVP go to local nursing homes where they visit and play bingo with residents, visit shut-ins and help serve lunches at the senior citizen nutrition centers. RSVP volunteers also take other senior citizens to doctor's appointments or shopping.

Other RSVP volunteers help out with the deaf relay teletype at the Interfaith Community Council, at the Joseph Rauch Center for the mentally retarded, at the Floyd County Museum and at a recycling center.

About 15 to 20 RSVP volunteers play in the Rhythm Band, which entertains at the nutrition centers, nursing homes and at various other functions. Several RSVP volunteers serve as tutors in the New Albany-Floyd County school system's adult education program.

Other RSVP projects are making dolls for children who are patients at Floyd County Memorial Hospital and dressing 20 dozen new dolls and some used dolls that the Salvation Army distributes to needy children each Christmas. Many RSVP volunteers come to the workshop each Friday at the Senior Citizens Center at 317 E. Fifth St. to make things such as lap robes and other items for the nursing homes and hospital, wall hangings and smocks for Head Start and craft items that will be for sale at the senior citizen's Harvest Homecoming booth.

Volunteers are needed for two new RSVP projects - puppet shows at the schools and mother's morning out, a program designed to give young mothers some free time.

Six volunteers who have been active in the RSVP program shared some of their experiences.

Kathryn Clagett of 2409 Beeler said she "retired a year ago last May and it didn't take me long to find out I needed something to do besides housework and yard work." Mrs. Clagett said she called the Senior Citizens Center and they sent her a list of RSVP projects.

She decided to volunteer as a tutor at the Adult Learning Center where she spends three to four hours twice a week helping teach adults to read. Mrs. Clagett said she "really treasures" a thank you note from one of the students she tutored.

Mrs. Clagett also helped set up the library at the new Lillian Emery Elementary School, made dolls for pediatric patients at Memorial Hospital, was a judge for a Brownie cooking contest and worked on an RSVP cookbook.

Leva Underhill, who is 76 years old, lives at Riverview Towers and helps out at the nutrition site there. She said she helps set tables, serve the lunches and clean up afterwards.

She spends about an hour each day at the task, Monday through Friday, and "hardly ever misses a day." The lunches are usually good, Mrs. Underhill said, and it gives people a chance to get together and talk.

Vivian Richardson, who celebrated her 80th birthday last week, has been a nursing home volunteer for six or seven years. Mrs. Richardson, who lives at Parkview Towers, said she goes to two nursing homes two days each week to visit and play bingo with the residents.

"People at the nursing home recognize us and look forward to the visits," she said. Mrs. Richardson also goes to the RSVP workshop each Friday at the Senior Citizens Center and she is a former member of the Rhythm Band. "Whenever they want me, they call and I go," she said of the RSVP program.

Since 1974 Esther Newkirk of Parkview Towers has been dressing dolls for the Salvation Army's annual Christmas project. Although Mrs. Newkirk has been ill and is a shut-in, she has already dressed 60 dolls this year. She crochets underwear and a dress, pantsuit or formal for each doll, making each outfit "a little different."

"I don't know what in the world I would have done without it. I have my mind on my work and it makes it bearable," she said. "and I enjoy helping people."

Mrs. Newkirk said she usually crochets for four or five hours each day. She is also working on an afghan that will be raffled at Harvest Homecoming and she has dressed dolls and made toboggan caps for children at Silvercrest Children's Development Center.

Three years ago Rovilla and Charles Whalen won the Older Hoosier Award for their volunteer work as a couple. The Whelans, who reside at 2004 Indiana Ave., both volunteer about 40 hours per month. Both were in the Rhythm Band, worked at the Beechwood nutrition center, delivered meals to shut-ins, and taught an exercise class for senior citizens.

Whelan also visits at the hospital and nursing homes and volunteers at the Interfaith Community Council's deaf relay teletype. "More than 100 people who are deaf use their machines to call in and volunteers make their doctor appointments, contact others, etc. It's really rewarding because those people have a hard time making connections," he said.

Whelan, who is 70-years-old, said he decided he wanted to help others when he retired from farming and International Harvester. "I think all the RSVP programs are wonderful and help a lot of people. They keep older people active," he said. However, Whelan said he hopes planned cutbacks in federal funding won't hurt the programs.

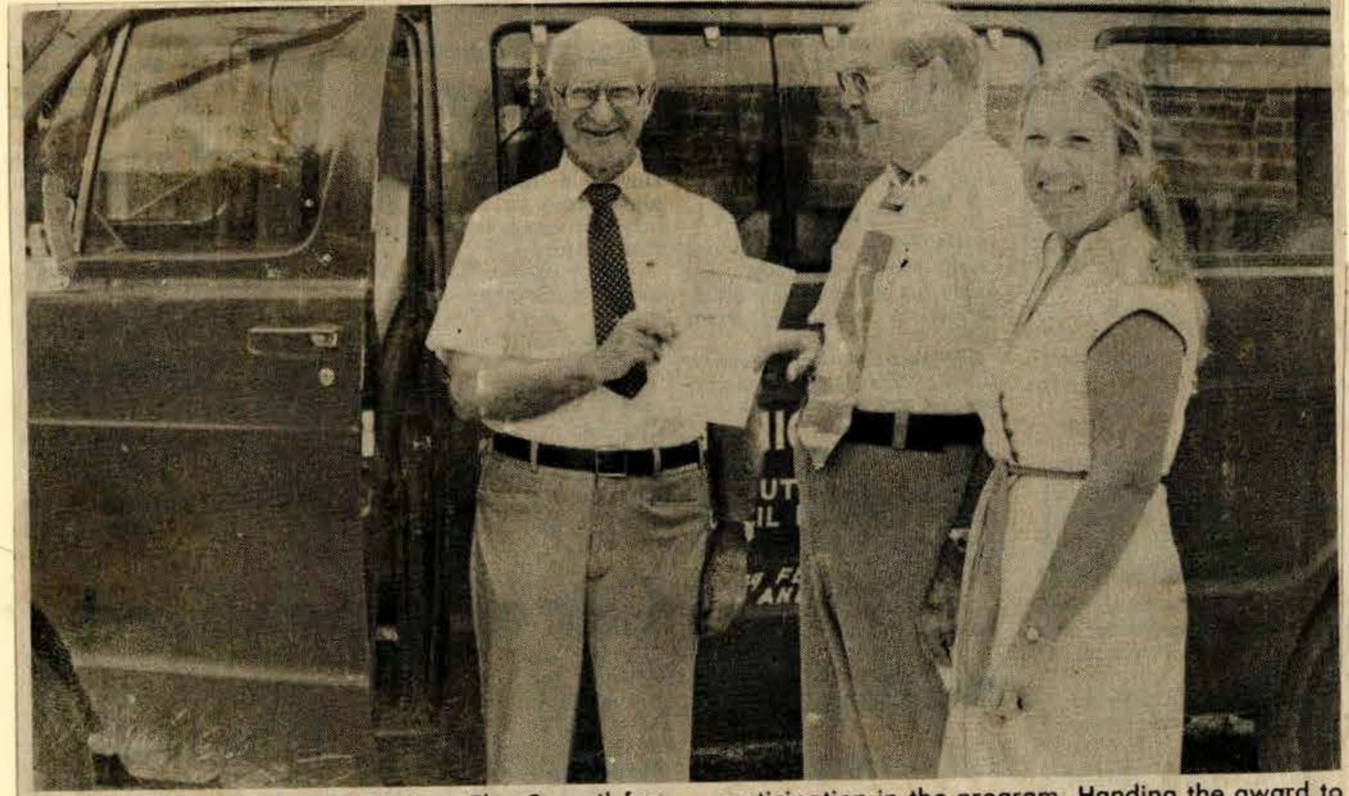
For more information about the RSVP programs, or to volunteer, call program director Peggy Brooker or program coordinator Linda Codey at the South Central Indiana Council for the Aging and Aged, 948-8330.

The Tribune SCOPE, Wednesday, July 15, 1981

SENIOR VOLUNTEERS — Some of the senior citizens who volunteered their time and talents at the workshop last Friday at the Senior Citizens Center were, left to right around the table, Bertha Johnson, Mildred Sanders, Ethel Meyer, Helen Lacy, Irene Locke, Vivian Richardson and Lou Chism. They worked on laprobes for nursing home patients and crafts items that will be for sale at the senior citizens' Harvest Homecoming booth.

(Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Thurs., Aug. 6, 1981



COMPLETES SPECIAL PROGRAM — The Council for Older Americans Inc. in conjunction with the Floyd County Chapter of the American Association of Retired People sponsored a National Safety Council Defensive Driving program for the council's drivers who transport senior citizens. Melvin Bare, left, is one of the drivers who received a certificate for participation in the program. Handing the award to Bare is Maurice Morey of the Floyd County AARP, an agency funded by the South Central Council for the Aging and Aged Inc. Looking on is Bobbie Napier, director of the Council of Older Americans.

(Tribune Photo by Don Beck)

Council For Aged And Aging Plan Trip To State Fair

The South Central Indiana Council for the Aging and Aged, Inc., is finalizing plans for Area 14 Day at the Indiana State Fair, scheduled for August 22.

All people 60 years and older and residents of Clark, Floyd, Harrison and Scott Counties are invited to Indianapolis. Air-conditioned buses will leave various pick-up points at 7 a.m. and return at approximately 6 p.m.

The Tribune, New Albany, Ind., Thurs., Aug. 6, 1981

Defensive Driving Sponsored

The Council for Older Americans, Inc., in conjunction with the Floyd County Chapter of the American Association of Retired People, sponsored the National Safety Council's Defensive Driving program for the council drivers who transport senior citizens. Maurice Morey of the AARP conducted the three-day workshop on defensive driving. It was at the Fifth Street Senior Citizens Center Aug. 3, 4 and 5.

Those attending the workshop were Bobbie Napier, Geraldine Woods, Melvin Bare, Sherman Taylor, Larry Proctor, Dolores Melton, Guy Roehm, Mary Garvin, Peggy Brooker, Vickie Adkins, William King, Colleene Forbes, Gertrude Cullins, and Linda Codey. The Council for Older Americans provides transportation for senior citizens in Clark, Floyd, Harrison and Scott counties in nutrition meal sites, activities centers, shopping, appointments, etc. This is one of the programs offered by the South Central Indiana Council for the Aging & Aged, Inc. For further information, contact Bobbie Napier at 948-9701, The Charlestown, In., COURIER, Wednesday, November 29, 1978

Hamilton finds crowd angered by proposed government cuts

Lee Hamilton came to New Albany Thursday, July 2, to meet with a group of senior citizens at Scribner Middle School. He found an angry crowd.

The elderly were angry at proposed cuts in Social Security, food stamps, and Medicaid. And they came from all over Southern Indiana to let Hamilton, Democratic Congressman from the Ninth District, know how they felt.

One plan in Congress is to reduce Medicaid to states. President Reagan wants a 5 percent cap on Medicaid increase for next year, while the Senate wants a nine percent cap. The House has a different plan; reduce federal aid to Medicaid by three percent in 1982, two percent in 1983 and one percent in 1984.

No matter how the cuts are made, the elderly lose, according to Hamilton. He pointed out that medical expenses rise 15 or 16 percent every year, an increae that none of the proposals will offset.

"The impact of these cuts will be to increase the cost of health care in America for older citizens," said Hamilton.

Both House and Senate plan to reduce the food stamp program by 15 percent--which means approximately 100,000 senior citizens will no longer be eligible for food stamps. Congress also plans to limit the amount of subsidized housing and increase tenants' rent. However, there is one bright note; the Energy Assistance Program for low-income citizens will receive the same amount of funding for three years and may be increased slightly.

The elderly who came to hear Hamilton did not receive the bad news quietly. One woman was bitter about senior citizens in Clarksville who could not pay their bills on Social Security, and yet, were not eligible for food stamps. Others were angry at inequities in Social Security: wives and husbands not being able to receive the full benefits of a deceased spouse's pension. And still others were upset at federal aid being given to Cuban refugees and not the elderly.

One man summed up the feelings of the crowd when he yelled: "We should be taking care of our elderly Americans."

Hamilton sympathized with the packed audience. "One of the groups that seems to be hardest hit by the actions of Congress were older citizens," agreed Hamilton.

One of the greatest sources of anxiety to the crowd was Social Security. The House plans to eliminate the $12 monthly minimum benefit, a proposal Hamilton flatly opposes and voted against.

Several of the senior citizens were worried about the possibility of Social Security going bankrupt. However, Hamilton reassured the people by pointing to a 40-year record of timely payments and stating that Congress would take steps to prevent Social Security bankruptcy.

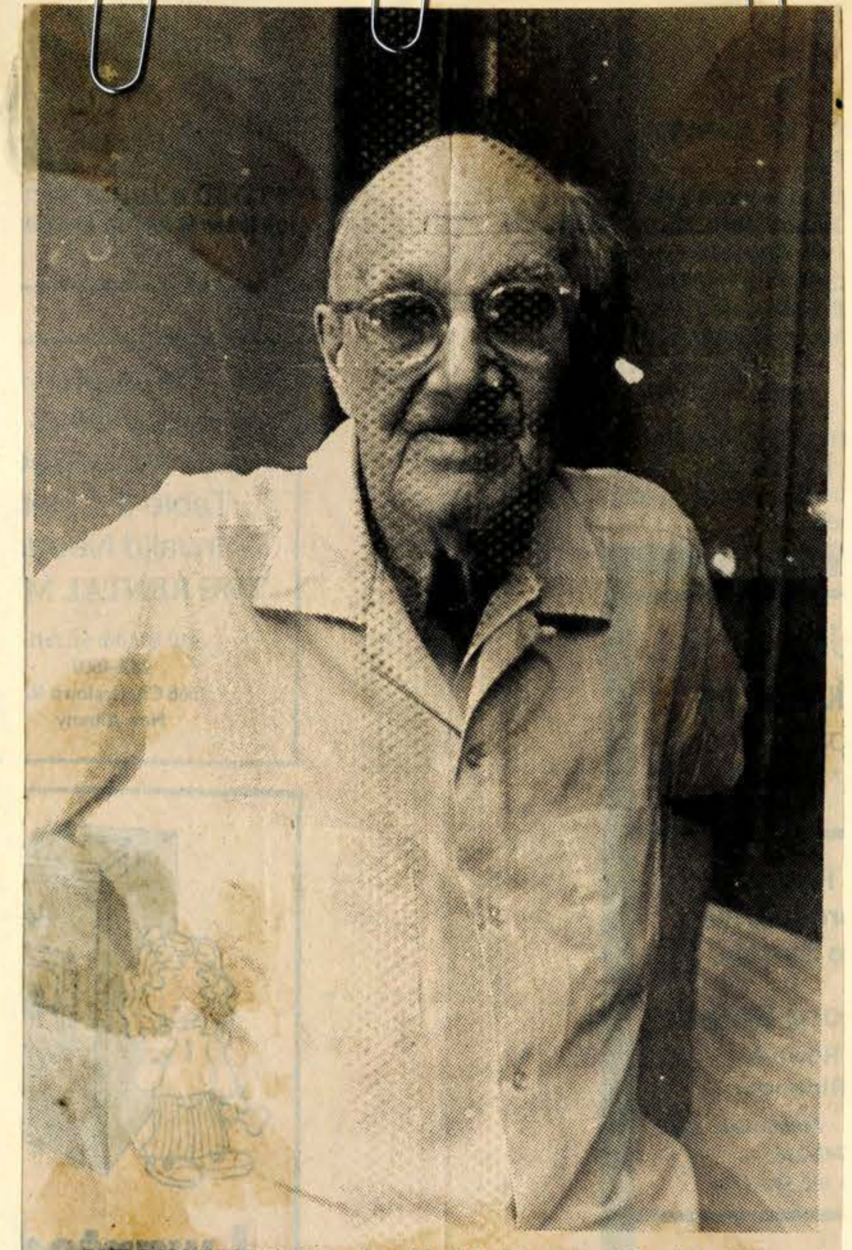
It is my judgment that the Social Security system will be maintained. Members of Congress will do everything possible to preserve the integrity of the Social Security system," said Hamilton.

Although none of the proposed cutbacks have been passed yet, it seems likely. "They are almost certain to pass because both Senate and House have passed bills calling for reductions," explained Hamilton.

And, according to him, it means hard times for senior citizens who depend on government aid. "I think that without any doubt, you are going to see a squeeze put on elderly citizens," said Hamilton.

Along with Hamilton, several representatives from Social Security, Veterans Administration, the Indiana Department of Public Welfare, Blue Cross and Blue Shield and the State Commission on Aging and the Aged came to the meeting to help answer questions and work on individual problems.

The Corydon, In., HARRISON COUNTY PRESS, Wednesday, July 15, 1981



JOE RHOADES is 86 and on his third career. After teaching and government service, he is involved in trying to get a Junior College of Business for Corydon. +

Joe Rhoades on his third career

By DONALD DOSS

He's had two careers already, and at 86, getting into his third career, his favorite, that of education.

Joseph Howard Rhoades, "Joe" to his many friends, is still busy and active at his age, with his mind as sharp as ever. "Sharper," he says.

Joe was born in Chicago in August 1895, went to school and graduated from Humble High School on June 13, 1913, a Friday the 13th. He attended college at Macalester, in St. Paul, Minnesota, then studied for his masters degree in the University of Minnesota, with a major in economics, and agriculture.

After teaching in junior colleges, he obtained his doctorate in economics at the University of Oklahoma.

Altogether he taught at different colleges and universities for a total of 18 years.

Joe wanted to continue teaching, but the government offered more money, so he went to work in Washington 'temporarily.' The 'temporary' job lasted 25 years. He worked in the agriculture department as a business information specialist.

"They forced me out at age 70, said I was too old." Joe and his wife, Mary moved to Corydon in 1964.

The couple had no children, and lived in Corydon until Mary passed away in 1973.

Since 1973, Joe has involved himself in community work, the Harrison County Senior Citizen Center, while giving over $60,000 to the Harrison swimming pool, which is named in his and Mary's honor.

To operate the senior citizens center, an endowment has been set up as the Mary and Joe Rhoades Fund, Inc.

The latest project Joe wants to see is a Junior College of Business in Corydon. A $50,000 loan has been applied for to finance the project, and the idea has been endorsed by the Harrison County Council and the Harrison County Commissioners.

Joe's best friend is Mr. Joe Stepro, who is 78, and the two work on many public projects together. "His is the most public-spirited man I ever knew," says Mr. Rhoades.

Inside his cluttered apartments on Mulberry, Joe keeps busy, writing, thinking, working and dreaming. He admits the college idea is a dream, but as he puts it, "So was the automobile, so was the airplane, and so was the electric light."

Joe Rhoades just don't have enough sense to retire. +

The Tribune, New Albany, Ind., Wed., July 15, 1981

Council For Aging Holds Title XX Mtgs.

South Central Indiana Council for the Aging & Aged, Inc. recently held two workshops for the staff and program people employed through Title XX Social Services Funding.

The first was conducted by Emily Perronie of the American Red Cross. Basic first aid instructions were given and demonstrated, but emphasis was ppaced on getting immediate medical help. An in-depth first aid course, as well as a CPR class, is being planned.

The second was coordinated by Terry Foster, Director of Continuing Studies at Indiana University Southeast. Three concurrent sessions were held in the morning: "Serving the Disable Elderly" presented by Ms. Jo Anne Saxton for the Homeakers and Handypersons; "Dealing with Personal Burn Out on the job" conducted by Dr. Bernado Carducci and Ms. Carol Applegeet for the Personal Care Assessors: "The High Cost of Long Life" given by Mr. Irvin Lipetz for staff personnel. The afternoon session on "International Communications" was presented by Dr. Clarice Mitchiner, on "I-Thou" relationships.

Attending the workshops were Thelma Bertrand, Sherrill Zimmerman, Nancy Shiner, Vickie Medlock, Phyllis Brown, Linda Wood, Linda Lee, Fannie Jumpper, Mildred Kendall, Sirley Beswick, Billie Ann Crawford, Mary Ann Lang, Pearl Lee Mauck, Pauline Spurlock, Vickie Denbo, Walter Fisher, Joyce Riley, Anna Kirley, Lucille Bullock, Violet Stephens, Diane Byrd, Joyce Staples, Savannah Baird, Irene Morrison, Kevin Jackson, Lonnie Balentine, Albert Parcott, Arthur Kerberg, Thelma Waltman, W.H. Aplehaus, George Doss, Earlene Bennett, Jeanne Staley, Tammy graham, Maxine Spurgeon, Gertrude Vertrees, Dorothy Murray, Leo Haney and Linda Cody.

The programs funded by Title XX enable a person sixty or older on a limited fixed income to remain independent and at home. For information on any of the programs meeting the needs of the older persons, call the Council for the Aging at 948-8330.

THE BANNER-GAZETTE, Wednesday, August 19, 1981

RSVP planning day care facility

The Retired Senior Volunteer Program (RSVP) is now establishing Mother's Morning Out, a day care facility.

One morning a week RSVP volunteers plan to provide day care service so mothers can go shopping, make doctor's appointments, run errands or simply get out of the house. However, RSVP needs plenty of volunteers to start the service. Anyone who enjoys children and wants to help should call 948-8330.

The RSVP also reminds senior citizens that the Senior Olympics will take place on Sept. 17-19.

Ledger-Tribune, New Albany, Ind., Sun., Aug. 23, 1981

She's Fair (Senior) Queen

INDIANAPOLIS (AP) — Helen Howard, an 81-year-old who says she maintains her fitness by walking a mile or two five times a week, was chosen as the 1981 Senior Queen at the Indiana State Fair.

A Fort Wayne resident for most of her life, Mrs. Howard was crowned Friday by Gov. Robert Orr after her selection from 14 women who had been picked earlier as senior citizen queens in their areas.

Marian Rohleder of Huntingburg was selected first runner-up and Marian Elizabeth Black of Valparaiso was second runner-up.

"It was a total surprise," said Mrs. Howard. "It came out of the blue."

The women were selected on their activeness as senior citizens, the volunteer work they performed and the overall usefulness they've made of their lives, officials said.

A panel of four judges selected the winner after reviewing their backgrounds and hearing each finalist answer the question, "What advise would you give a younger person in preparation for their older years?"

Mrs. Howard has been active in volunteer work since World War I, when she helped in a fund-raising drive for the American Red Cross. The former executive secretary and homemaker, Mrs. Howard is the mother of three children. She has nine grandchildren and two great-grandchildren.

"I've been asking the Lord what to do with myself," said Mrs. Howard, who is active in the Retired Senior Volunteer program and has worked 12 years with the Fort Wayne Literacy Council teaching nonreaders. "This door opened, so here I am today."

Mrs. Howard predicted her duties as Senior Queen would mean visiting various activities around the state and to share her ideas with others.

"We need to be aware of each other and willing to share ourselves," she said in presenting her idea on life, adding it's especially important to share on a one-to-one basis.

Among those participating in the program at the Senior Citizens Building was last year's Senior Queen, Mae Newsom of Anderson. In a statement before she yielded the title, Mrs. Newsom called her passing of the title the end of the "most rewarding year of my life."

Mrs. Newson said the year was one for growth and making new friends.

"I've enjoyed every minute," she said. She then read a poem which urged listeners in the crowd of more than 1,500 to "Give what you can give, and then give more."

The women who were competing for the title of Senior Queen must have heard the message a long time ago. Each had a resume filled with many hours of dedicated volunteer work.

Mrs. Rohleder, treasurer of the American Association for Retired Persons for four and one-half years, is a past president of the American Legion Auxiliary on both the local and district level. She also was president of the Salem United Church of Christ women's organization.

Mrs. Black, a member of the Porter County council on aging for seven years, was one of the prime movers in establishing the Banta Senior Center in Valparaiso. A registered nurse, who has held membership in the state nurses association for 50 years, she also has been active for 30 years in the Women of the Moose and now serves as the organization's ritual director.

JEFFERSONVILLE, INDIANA THURSDAY, AUGUST 13, 1981

Events Set Sept. 17-19:

Winning Secondary In Area Senior Olympics

"Winning isn't everything, it's the only thing."

The immortal words of Green Bay Packers coach Vince Lombardi are embellished in lockerrooms throughout the nation.

The outcome of an athletic event, it seems, is paramount to the struggle waged during that event.

Organizers of the first annual Senior Olympics have tossed Lombardi's words to the wind, however.

"We are stressing their (the participants') ability to achieve a goal," said Carla Warner, Senior Olympics coordinator. "To finish is what is important here."

Council Is Sponsor

Senior Olympics is sponsored by the South Central Indiana Council for the Aging and Aged.

Events are scheduled for Sept. 17 — 19 at sites in Clark and Floyd Counties. Seventeen different events highlight Senior Olympics. Events range from table tennis to basketball, swimming to bike races.

Residents of Clark, Floyd, Harrison and Scott Counties age 55 or older are eligible to participate in Senior Olympics.

Medals, Trophies

Medals and ribbons will be awarded to the first-, second- and third-place finishers in each event, and the male and female with the highest overall point totals will receive trophies.

Outgoing Senior Olympics coordinator Dorothy Manns said the local event is modeled after games held in Florida.

"Senior Olympics is patterned after the Golden Age Games in Florida," Ms. Manns said. "Our goal is to promote better health and exercise as well as mental stimulation. We're hoping to change the image of senior citizens — they're still very active people."

Expects 100 Entries

Ms. Warner said participants will compete in age groups that span four years. A nominal entry fee of 50 cents will be charged per event and a $2.10 lane fee will be assessed for bowling.

Thelma Bertrand, executive director of the Council for the Aging and Aged, is predicting that at least 100 individuals will participate in Senior Olympics.

"Could Handle 500"

"The first year Indianapolis had a Senior Olympics, they had 100 participants," Ms. Bertrand said. "We could handle 500 contestants if we had to. We've got 85 people working for us, and they're all rooting for success."

Ms. Bertrand is proud of the council's "trailblazing" image.

"We've really been trailblazers," she said. "Along with Terre Haute, we're the first senior citizens organization to sponsor a Senior Olympics outside Indianapolis."

The South Central Indiana Council for the Aging and Aged is a federally-funded umbrella organization that serves citizens age 60 and over in a four-county area. Among the programs incorporated under the council's expensive umbrella are nutrition, transportation, health services, information and referral, volunteer, social services, handicapped and legal services programs.

Widespread Support

Senior Olympics has been greeted with a groundswell of support from community leaders, Ms. Manns noted.

"Everyone's very enthusiastic," she said. "When we would send out a letter to a business or community leader seeking support, they were always were responsive."

The council will make arrangements to accomodate handicapped participants, Ms. Manns said.

"This is the year of the disabled person," Ms. Manns said, adding, "We do want to make all events accessible to them (handicapped). We belive in concentrating on abilities not disabilities."

Contact Urged

While registration will be conducted at the events, Ms. Warner encourages anyone interested in participating to contact her at the council office at 134 E. Main St. in New Albany.

All contestants will receive a packet of information including a certificate of participation.

The only event not scheduled for the three days in mid-September is the tennis competition. Play starts the week of Aug. 17 and continues for three weeks at the Skyline Tennis Club in Floyd Knobs.

This is the tentative schedule of events for the Senior Olympics:

Sept. 17

7 p.m. Table tennis at Recreation Center, 1721 Ekin Ave., New Albany.

7 p.m. Registration for the hobby show at Green Tree Mall, Clarksville.

Sept. 18

8 a.m. Golf at Wooded View Golf Course, Clarksville.

10 a.m. Hobby show open for public viewing at Green Tree Mall.

1:30 p.m. Bowling at Silver Creek Lanes, Sellersburg.

3 p.m. Horseshoes at Jaycees Riverfront Park, New Albany.

5 p.m. Bike races at Indiana University Southeast central parking lot, New Albany.

6:30 p.m. Swimming at Scribner Junior High School, New Albany.

7 p.m. Bridge, checkers, chess and euchre at Recreation Center, 1721 Ekin Ave., New Albany.

Sept. 19

8 a.m. Fishing rodeo at Kopp Lake, Clarksville.

10 a.m. Pancake race at Green Tree Mall.

10 a.m. Track and field at Jeffersonville High School.

12 p.m. Award presentation for hobby show at Green Tree Mall.

1 p.m. Dance contest at Indiana University Southeast Hoosier Room, New Albany.

2 p.m. Racquetball at Greentree Racquetball Club, Clarksville.

2:30 p.m. Basketball at Community Park, New Albany.

7 p.m. Awards Dinner at Riverview Towers, New Albany.

CARLA WARNER, Senior Olympics coordinator, displays the trophies that will be presented to the male and female overall champions. Senior Olympics features athletic events for persons age 55 and older who live in the four-county area served by the South Central Indiana Council for the Aging and Aged.

THE BANNER-GAZETTE, Wednesday, August 19, 1981

Craft categories announced for Olympics

The categories have been announced for the Senior Olympics Hobby Show set for Sept. 17-18, at the Green Tree Mall. There are seven divisions for arts and crafts.

The arts division has the following categories: oil, acrylics, watercolors, pastels, graphics, and sculpture.

The photography division has categories for both black and white and color prints. They are: scenic/nature, people, animals and pets, and children.

The categories for the stitchery division are: knitting, crochet, embroidery, needlepoint, quilts, stitchery, hooked articles, and macrame.

The crafts division has the following categories: natural materials, decoupage, artificial centerpieces, leatherwork, seasonal decorations, metal work, woodcraft, weaving and quilting, children's toys, dolls, and jewelry. The collections division has only two categories, hobbies and antiques.

Categories in the ceramics division are: stain, glaze, underglaze, overglaze, porcelain, clay, cut outs and decorations, and mixed media.

The horticulture division is the last. It has these categories: hanging baskets, ferns, cacti and succulents, African violets, bromeliads, terrariums, flowering plants, and foliage plants. Only potted plants may be entered.

Each division will be awarded a gold medal for first place along with a silver for second and bronze medal for third. There are blue, red and white ribbons, one each, for each category within a division.

Only one entry per category per division will be accepted and it must be the work of the person entering. The entry fee is 50 cents per category. Participants must be 55-years-old on or before Dec. 31, 1981.

The work of professionals may not be entered and previous medal winners may not enter the same award winning articles. Racks, easels, or other holders must accompany entries if they are needed for proper display and judging.

For further information or entry forms, call 948-8330.

Wednesday, August 19, 1981, THE CORYDON DEMOCRAT, Corydon, Ind.

It's warm-up time for the 1981 senior Olympics

"Senior Olympics will not add more years to your life, but will add more life to your years" is the motto for the first Senior Olympics presented by the South Central Indiana Council for the Aging & Aged, Inc. The games will be held September 17, 18 and 19 for Area 14 comprised of Clark, Floyd, Harrison, and Scott Counties.

Any resident of Area 14 who will be 55 by December 31, 1981, or older may participate in any event in his age group. Medals will be given in each age group for male and female: gold for 1st, silver for 2nd, and bronze for 3rd. All points will be totaled and the female and male with the highest overall scores will receive trophies at the Awards Banquet on Saturday, September 19.

This is the International Year of Disabled Persons and all events will be made accessible to the handicapped senior citizens. If special equipment is needed, Carla Warner, Senior Olympics Coordinator, should be notified.

Area 14's Senior Olympics is patterned after the Golden Age Games in Florida and the Senior Olympics in Indianapolis. Outside Indianapolis, Area 14 is one of two sites in Indiana holding senior games this year.

Although the idea for the Senior Olympics originated in the South Central Indiana Council for the Aging & Aged, Inc., many community businesses and agencies, including the Clark County and Floyd County Departments of Parks and Recreation, are contributing facilities, equipment, manpower, and financial support.

The Board of Directors for the Senior Olympics reflects this community sponsored event. It includes Mayor Robert Real of New Albany; Steve Norton of the Floyd County Parks and Recreation Department; William Shrewsberry, Jeffersonville City Councilman; Frank Mardis of Barrier Free Program; Judge Maryland Austin of Corydon; Mary Lou Heinz, past president of the River Heritage Overlook; Ed Martin, New Albany Chamber of Commerce; Donna Buchinsky of Corydon; and David Ragland, president of Nursing Home Corporation.

Each event, except bowling, costs 50 cents to enter; bowling costs 50 cents entry fee and $2.10 lane fee.

The only event to start before September 17-19 is the tennis tournament. The first week of tennis competition is August 17 for ages 55-59; the second week is August 24 for ages 60-69; the third week is August 31 for ages 70 and older. This tournament is under the supervision of Sam Peden and will be played at the Skyline Tennis Club.

For further information and registration contact Carla Warner at (812) 948-8330. This is the schedule of events for the 1981 Senior Olympics.

Thursday, September 17

7:00 p.m. Table Tennis; Recreation Center, 1721 Ekin Avenue, New Albany; Bernard Hock, supervisor.

7:00 p.m. Registration for Hobby Show; Greentree Mall, Clarksville; Linda Cody, supervisor.

Friday, September 18

8:00 a.m. Golf; Wooded View Golf Course; Clarksville; David Graversen, expert.

10:00 a.m. Hobby Show open for public viewing; Greentree Mall.

1:30 p.m. Bowling; Silver Creek Lanes, Sellersburg; David McCarty, supervisor.

3:00 p.m. Horse Shoes, Jaycees Riverfront Park, New Albany; Jack Seville, expert.

5:00 p.m. Bike Races: IUS Central Parking Lot, New Albany; Mike Hewitt, expert.

6:30 p.m. Swimming; Scribner Junior High School, New Albany; Pam Fulkerson, supervisor.

7:00 p.m. checkers, Euchre, Chess, Bridge; Recreation Center, 1721 Ekin Avenue, New Albany; Cindy Andres, supervisor.

Saturday, September 19

8:00 a.m. Fishing Rodeo; Kopp Lake, Jeffersonville; Allen Cook, supervisor.

10:00 a.m. Pancake Race; Greentree Mall, Clarksville; Peggy Brooker, supervisor.

10:00 a.m. Track & Field: Jeffersonville High, Jeffersonville; David Graversen, expert.

12:00 noon Award Presentation for Hobby Show; Greentree Mall.

1:00 p.m. Dance Contest; IUS Hoosier Room, New Albany; Terry Foster, supervisor.

2:00 p.m. Racquetball, Greentree Racquetball Club, Clarksville; Debbie Snelling, expert.

2:30 p.m. Basketball; Community Park, New Albany; Robert Real, expert.

7:00 p.m. Awards Dinner; Riverview Towers, New Albany.

9:00 p.m. End of Hobby Show; Greentree Mall.

Senior Olympics Sept. 17,18,19

The South Central Indiana Council for the Aging and Aged, Inc., Area 14, is sponsoring a Senior Olympics Sept. 17, 18 and 19 throughout the local area.

Persons who will be 55 as of Dec. 31 and over are invited to compete in a variety of events from tennis to ceramics, and from basketball to bridge.

The tennis portion of the olympics, which will take three weeks to complete, begins Monday at Skyline Tennis Club. Singles, doubles and mixed doubles will be played. Age categories are divided as follows, 55-59, 60-64, 65-69, 70-74, 75-79 and 80 or over.

Events taking place over the three days of the main event include basketball shooting, a bike race, bowling, bridge, checkers, chess, euchre, fishing rodeo, dance contest (including waltz, jitterbug, foxtrot, charleston and disco), a hobby show (featuring arts, photography, stitchery, crafts, collections, ceramics and horticulture), golf, horse shoes, racquetball (singles and doubles), table tennis, swimming and track and field.

Entry forms for the events must be picked up and returned to Carla Warner, co-ordinator of the olympics by Aug. 31. They are available at the Council for the Aging office, 134 E. Main St. For information call 948-8330. Everyone is urged to participate.

The goal of the committee is to have at least 150 participants. Persons are reminded that not all events are strenuous, there is something for everybody.

The local olympics are patterned after the Golden Age Games in Stanford, Fla., emceed by actor Buster Crabbe. Dorothy Manns, who came up with the idea of the games, contacted the people in Florida to begin co-ordinating the events here. She was then told of olympics in Indianapolis and Terre Haute.

It is hoped that the event will grow and soon there will be a state games featuring winners from throughout Indiana.

Awards will be given in each category for first, second and third places. They include gold, silver and bronze type medals. Over-all winners, both male and female, will receive a trophy.

The motto of the senior olypmics is, "The Senior Olympics will not add more years to your life, but more life to your years."

The events are for persons residing in Floyd, Clark, Scott and Harrison Counties. A 50 cent entry charge will be made for each event. (Bowling entries will pay $2.10 more).

These entry charges, plus T-shirts sold at the Council office, are helping to offset the costs of the medals and trophies.

Those who have donated facilities include the Ekin Avenue Recreation Center for table tennis and table games, the Greentree Mall for the hobby show and pancake race, Wooded View Golf Course, Silver Creek Bowling Lanes in Sellersburg, Jaycees Riverfront Park for horse shoes, Indiana University Southeast for the bike races and dance contest, Scribner Junior High School for swimming, Kopp's Lake in Clarksville for the fishing rodeo (location has been changed from Wyandotte Lake, Jeffersonville High School for track and field, Greentree Racquetball Club and Community Park for basketball.

An awards dinner Saturday night will end the games.

SENIOR OLYMPIC DAY — Employees of the South Central Council for the Aging and Aged wore commemorative "T" shirts Friday to promote the Senior Olympics scheduled for Sept. 17, 18 and 19. Looking over awards to be presented are, seated, from left, Thelma Bertrand, executive director of the council; Linda Wood, activities director, and Pat Jewell, fiscal official. Standing are, Nancy Shiner, program developer; Frances Worthington, homemaker; Carolyn McCain, bookkeeper; Wanda Whitaker, executive secretary; Dorothy Murray, nutrition secretary; Bobbie Napier, director of the Council for Older Americans; Carla Warner, health services director and co-ordinator of the senior olympics; Phyllis Brown, Title 20 bookkeeper; Vickie Medlock, Title 20 clerk, and Sherrill Zimmerman, Title 20 co-ordinator.

(Tribune Photo By Jane Alcorn)

THE INDIANA WEEKLY, WEDNESDAY, AUGUST 26, 1981

TimeOut Community Sports and Recreation

It's sign-up time for Senior Olympics

By GEORGIA MACDONALD
Indiana Weekly Staff Writer

'What we're trying to do is change the stereotype of senior citizens. They don't sit on porches and rock.'

The Olympic games have undergone a lot of changes since young Greek men competed in day-long foot races at Olympia, Greece, about 776 BC.

Since then, women (they were once banned from even observing the games) have joined in what has become the world's foremost amateur sports competition.

But, over the centuries, one thing remained the same — competitors were young. More than likely, anyone 55 and older sat in the stands or at home watching the events on television.

However, eight years ago a group in Sanford, Fla., started something that has inspired many elderly to get out onto the field of competition. It was then that the Golden Age Games began.

The idea caught on, at least in Indiana. Indianapolis held its third Senior Games this summer and Terre Haute held its first. And, on Sept. 17-19, Southern Indiana will hold its first Senior Olympics.

Dorothy Mann, former health services director with the South Central Council on Aging and Aged, was watching a segment of television's "Real People" that featured the Florida games and it occured to her that such an event might work in Southern Indiana.

Co-workers agreed and she began work in February on the Senior Olympics.

When Ms. Mann recently accepted a job as assistant administrator in a nursing home at Hanover, Carla Warner carried on as coordinator of the olympics.

Most events in the Senior Olympics will not be as strenuous as those in the Olympic Games. There will be bike and foot races, racquetball and table tennis. But there also will be competition in fishing, checkers, bridge, photography and stitchery. The idea is to encourage people 55 and older and the handicapped to be more active, Mrs. Warner explained.

"We're trying to promote better physical health which helps improve better mental and emotional health," Mrs. Warner said.

The olympics' motto — "Senior Olympics will not add more years to your life, but will add more life to your years" — pretty well covers the purpose behind the event, she said.

"We want to stress that these events are not strictly physical," Ms. Warner said. "Like the bicycle race is judged on best time. We have different kinds of categories in the hobby show.

"We also want to stress that it's an adult olympics. A lot of people at 55 do not consider themselves senior citizens."

Nancy Shiner, council program developer, added, "What we're trying to do is change the stereotype of senior citizens. They don't sit on porches and rock. They are active. We have some people who have signed up for 10 different events."

Although entries will be accepted prior to each event, pre-registration is encouraged, Mrs. Warner said. Sign-ups are under way at the council's office, 134 E. Main St., New Albany. Anyone from Floyd, Clark, Harrison or Scott counties, who will be at least 55 years old by Dec. 31, is eligible to compete.

Cost is 50 cents for each event. An additional $2.10 for lane fees will be charged for the bowling competition.

All activities are accessible to handicapped persons, who are encouraged to enter.

"If they need any special equipment, they should let us know," Mrs. Warner added.

Events will begin at 7 p.m. Sept. 17 with a table tennis tournament at the recreation center, 1721 Ekin Ave., New Albany. At the same time, registration for the hobby show will be held at Greentree Mall in Clarksville.

An 8 a.m. nine-hole golf match at the Wooded View golf course in Clarksville will be the first event on Sept. 18.

It will be followed by the hobby show at the mall beginning at 10 a.m. Hobby show categories will include arts, photography, stitchery, crafts, collections, ceramics and horticulture. Awards in each division will be given at noon Sept. 19 at the mall. The show will conclude at 9 p.m. Saturday.

Friday afternoon's activities will include bowling at Silver Creek Lanes in Sellersburg at 1:30 p.m.; horseshoes at the Jaycees Riverfront Park, New Albany at 3 p.m.; and 2½- and 5-mile bike races at the IUS central parking lot at 5 p.m.

Those who enjoy swimming can compete in 25, 50, 100, 200 and 800 meter freestyle; 25 and 50 meter backstroke; 25 and 50 meter breast stroke; and 300 meter relay competition. The event will be held at the Scribner Junior High School pool, New Albany, at 6:30 p.m. Friday.

Those who prefer to use brains rather than brawn can compete in checkers, euchre, chess and bridge at the recreation center, 1721 Ekin Ave., New Albany at 7 p.m. Friday.

A fishing rodeo will be the first event on the last day of the olympics. It will begin at 8 a.m. at Kopp's Lake, Clarksville. Anglers will compete in two categories — the most fish and the biggest.

Competitors and observers should flip over the pancake race which will be held at 10 a.m. at Greentree Mall. Two contestants at a time will run over a figure-8 course while flipping a frozen waffle in a skillet (pancakes fall apart, Mrs. Warner noted) with each step.

While some competitors are running with their waffles, others will be competing in track and field events at Jeffersonville High School beginning at 10 a.m. These events will include 100, 200, 400 and 800 meter dashes; a 1,600 meter run; 1,600 meter walk; softball throw; shot put; and mini-decathalon.

A dance contest will be held at 1 p.m. in the Hoosier Room of IUS' Student Center. Categories will include waltz, jitterbug, foxtrot, Charlestown and disco. And for those who have something different to offer, there's a miscellaneous category.

"It should be a lot of fun," Mrs. Warner said. "If they have a speciality act, they should bring their own music and do it."

For those who prefer a more fast-paced activity, there will be racquetball competition at 2 p.m. at the Greentree Racquetball Club in Clarksville.

A basketball contest will be held at 2:30 p.m. at Community Park, New Albany. Events will be in free throw and horse, a one-on-one competition.

Although a tennis tournament is not scheduled, Mrs. Warner said if enough sign up, one will be organized. Persons interested in tennis competition should contact Mrs. Warner at 948-8330 or Sam Peaden, owner of the Skyline Tennis Club in Floyds Knobs at 948-8898.

All activities are open to the public.

An awards dinner will be held at 7 p.m. Sept. 19 at Riverview Towers in New Albany.

Awards will be given to first, second and third place finalists in each event. In addition, a female and male overall winner will receive a trophy on the basis of a point system. The overall winner must compete in more than one sports or event category.

If the idea catches on, Mrs. Warner hopes that someday the Senior Olympics will grow into a statewide contest.

1981 Senior Queen

THE BANNER-GAZETTE, Wednesday, September 2, 1981

Senior citizens have day at fair

Seventy-five residents in Clark, Floyd, Harrison, and Scott Counties attended Area 14 day at the Indiana State Fair on Aug. 22.

Ty Stover and his group, Sonlight, Leslie Dempsey, and the Scott County Musical Neighbors entertained in the Senior Citizens Building.

Displays included pictures of the programs, participants and staff members. Margaret Rose Leap, Area 14's Senior Queen, participated in the Senior Queen Contest at the fair.

Special guests attending the fair were Ed Day, Area 14's Older Hoosier of the Year; Dorothy Alexander, delegate to the White House Conference on Aging; and Clara Mae Mathley, 1980 Area 14 Senior Queen and second runner up at the State Senior Queen contest.

Staff members from the South Central Indiana Council for the Aging and Aged, Inc., attending included Thelma Bertrand, executive director; Nancy Shiner, program developer; Linda Wood, Title XX activities director; and Linda Lee, Title XX activities coordinator.

THE BANNER-GAZETTE, Wednesday, September 9, 1981

Senior Queen of Area 14, Margaret Rose Leap, participated in the Senior Queen Contest that was held at the Indiana State Fair.

Mrs. Leap is shown with her escort, Mr. Bob Maze, New Albany. Maze is a southern field representative of the State Commission on Aging.

21

WELCOME TO THE IND STATE

WELCOME TO THE IND STATE

WELCOME TO THE IND STATE FAIR

STATE FAIR

SONLIGHTS

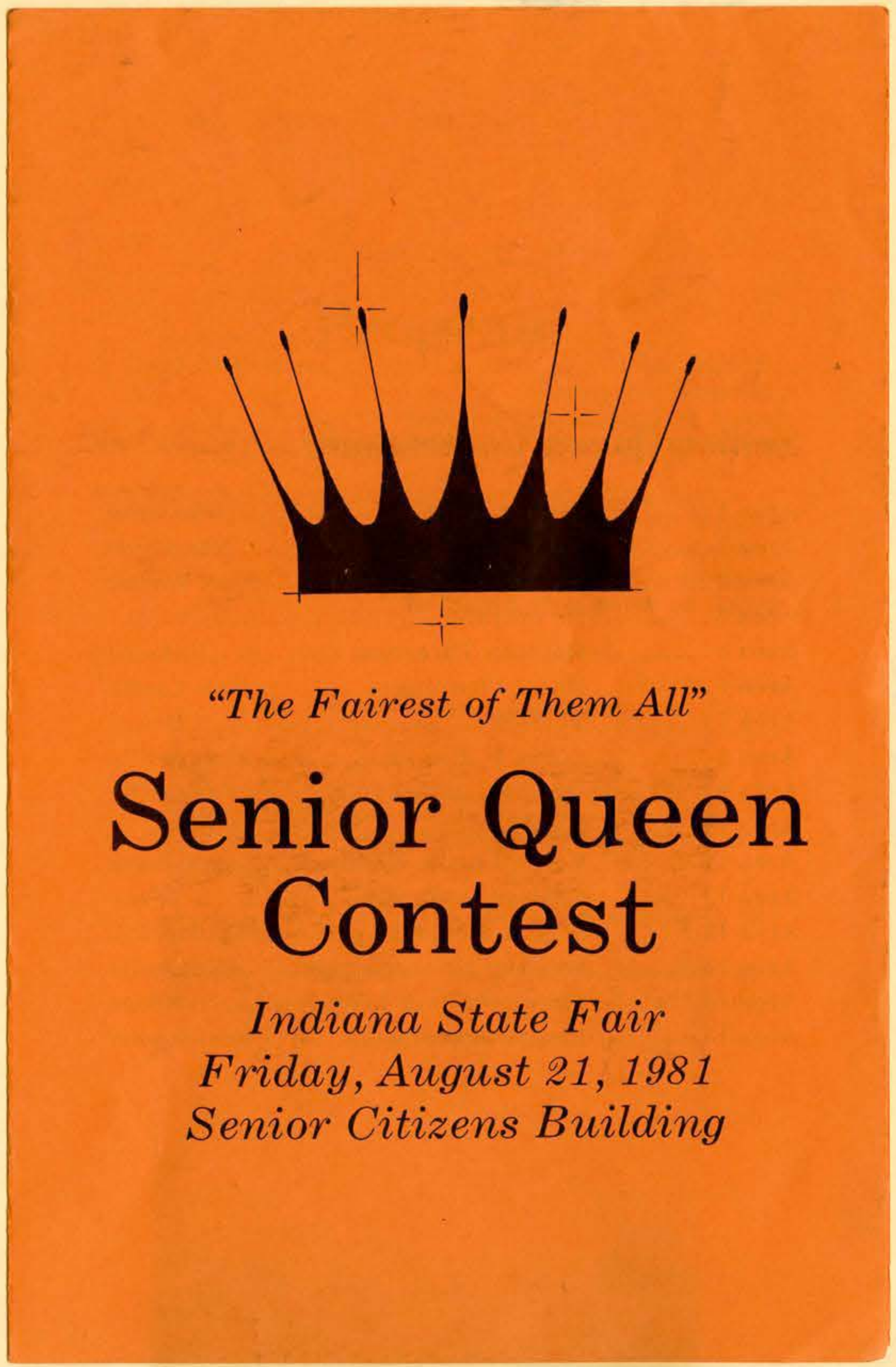
STATE FAIR

LESLIE DEMPSEY

1981

STATE FAIR

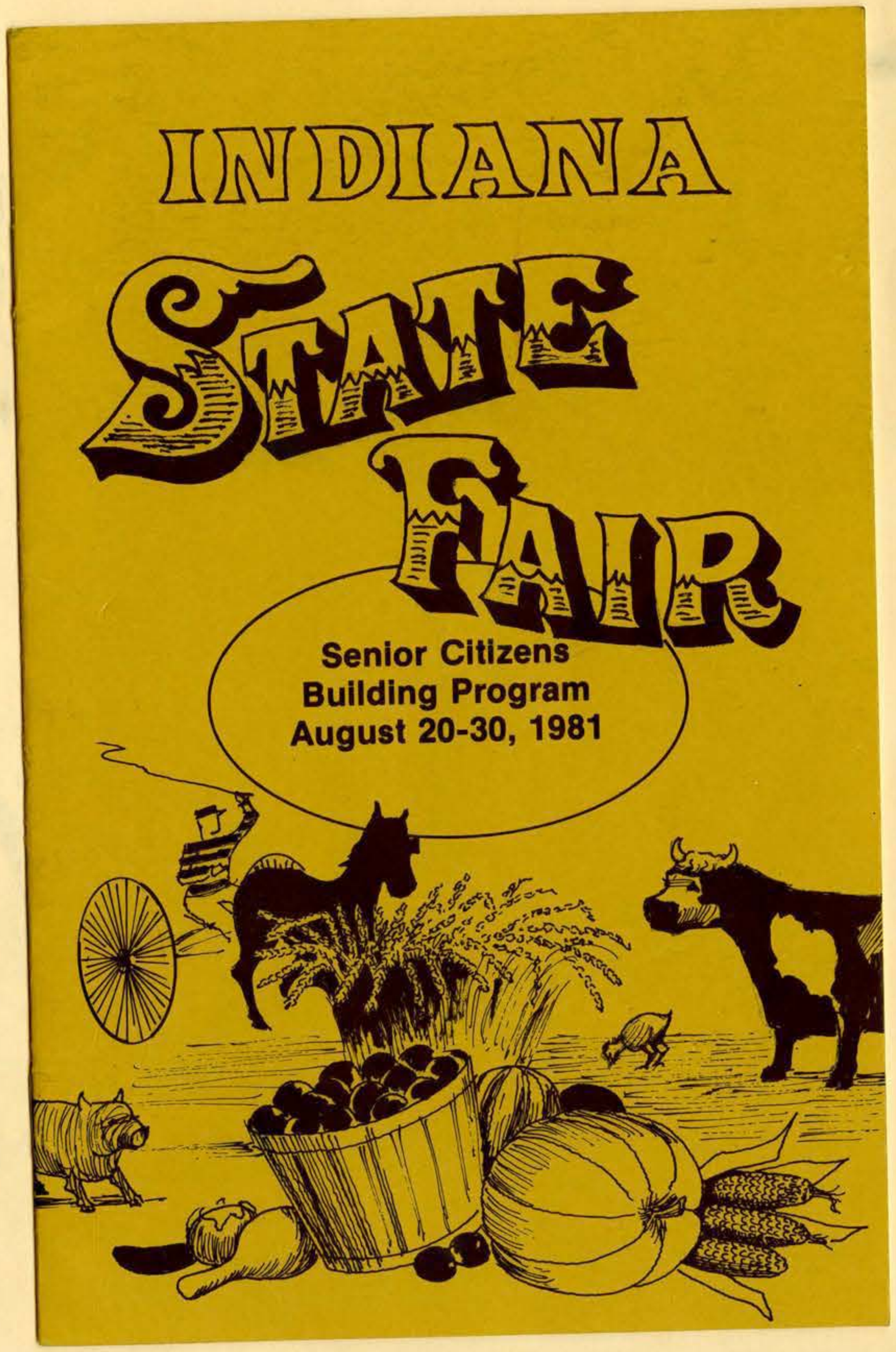
MUSICAL NEIGHBORS



"The Fairest of Them All"

Senior Queen Contest

Indiana State Fair
Friday, August 21, 1981
Senior Citizens Building



INDIANA STATE FAIR

Senior Citizens
Building Program
August 20-30, 1981

STATE FAIR
SONLIGHTS

STATE FAIR
LESLIE DEMPSEY

1981

STATE FAIR
MUSICAL NEIGHBORS

21ba

Senior Queen Contestants

Area 1	Marian Elizabeth Black	Valparaiso
Area 2	Edna L. Slabaugh	Nappanee
Area 3	Helen Howard	Fort Wayne
Area 4	No entrant	
Area 5	Dorothy Thrasher	Kokomo
Area 6	Hazel Pfenninger	New Castle
Area 7	Vi Barr	Brazil
Area 8	Stella F. Newlin	Mooresville
Area 9	Bertha Johnson	Brookville
Area 10	No entrant	
Area 11	Verna Lucille Holbrook	Greensburg
Area 12	Mildred Cochran	Vevay
Area 13-A	Marian Rohleder	Huntingburg
Area 13-B	Dorothy Muensterman	Evansville
Area 14	Margaret Rose Leap	Speed
Area 15	Evelyn Sorrells	West Baden

Program

A Word of Welcome .... Jean Merritt,
Executive Director,
Indiana Commission on Aging
Introducing the Master of Ceremonies ... Jean Merritt

Presentation of 1980 Senior Queen, Mae Newsom —
David Wright,
Master of Ceremonies,
Deputy Director
Indiana Commission on Aging

Presenting the 1981 Senior Queen Candidates —
Pattie Cook,
Aide to Senators Lugar
and Quayle

Questions and Answers .... David Wright
Deliberation by Judges — Entertainment by Terry D. Smith, Tenor; Rosemarie Bigbee, Soprano; Gretchen Smith, Accompanist

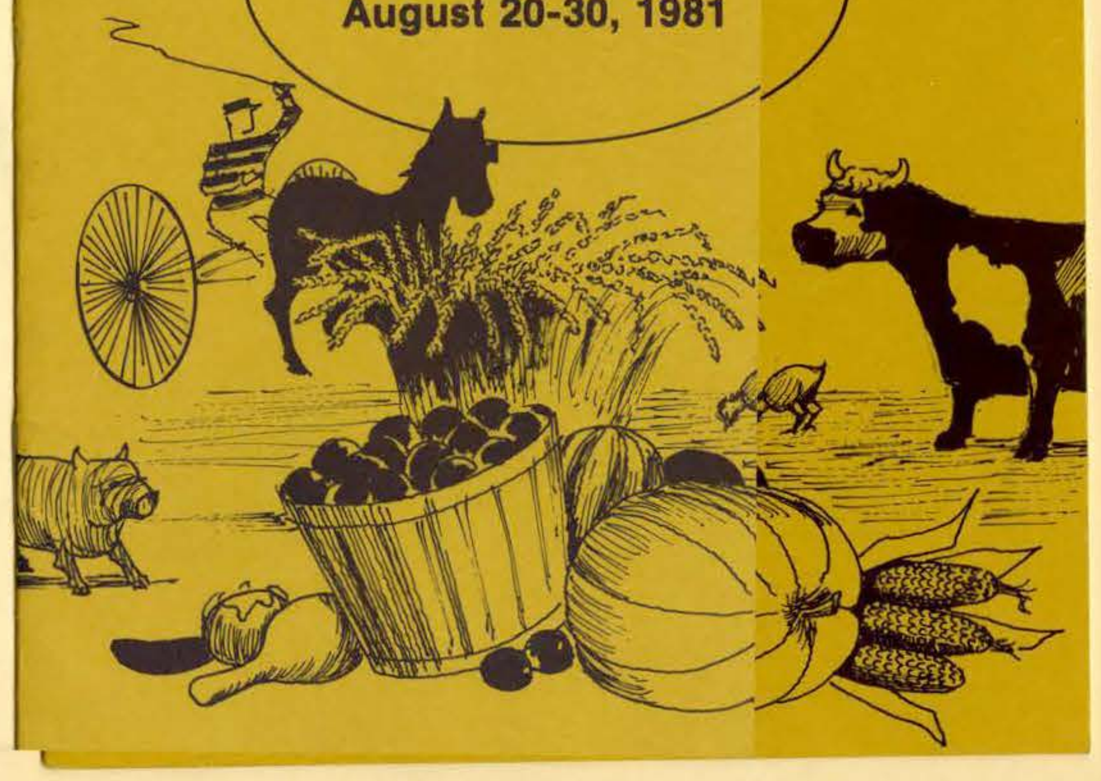
Remarks .... Governor Robert D. Orr

The Decision of the Judges .... David Wright
Coronation Ceremony .... Governor Robert D. Orr

Receiving Line

INDIANA STATE FAIR

Senior Citizens
Building Program
August 20-30, 1981



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Dear Older Hoosiers,

It is my very sincere privilege to welcome you to the Senior Citizens Building at the Indiana State Fair.

Please visit us often. Stay as long as you like. Alone of all buildings at the Fair, ours has continuous entertainment. Vocal groups, bands, dancers and other entertainers will lift your spirit.

Visit the displays. Watch the art demonstrations. And please remember to see Governor Robert D. Orr crown the Senior Queen Friday, August 21.

All of us at the Indiana Commission on Aging salute Older Hoosiers who have contributed so much to the betterment of living in our great state.

Sincerely,

Jean Merritt

Jean Merritt
Executive Director
Indiana Commission on Aging

Confused About Government Programs?

Golden Rule Insurance Company has a program to help senior citizens better understand government programs like Social Security, Medicare, Medicaid and tax refund benefits.

Ed McClain speaks to senior citizens groups to discuss these programs and helps individuals having problems.

Ed has written an easy-to-understand brochure explaining these programs. Get your copy — free of charge — at the booth with the sign "Help with Government Programs" or contact Ed at Golden Rule Insurance Company, 5720 W. 85th Street, Indianapolis, 46268; telephone (317) 872-4123.

21bb

80 Years or Older? Married 50 Years or More?

If you answered yes to either question, please sign in at the Indiana Commission on Aging—Indiana Office of Community Services booth near the main entrance to the Senior Citizens Building.

Special recognition will be accorded the oldest man and woman to attend the 1981 State Fair and to the couple married the longest.

Program

Thursday, August 20 Areas 5 and 6

9:00	Building Opens Urban League Choral Group
10:00	Tipton County Kitchen Band
10:15	Wedding Vow Renewals, Tipton County
10:30	Music By Charles Unger, Wabash County
10:45	Music By Charles Collins, Wabash County
11:30	Bells & Bows, Chesterfield
12:00	Show Boat, Miami County
12:30	Swinging Squares, Howard County
1:00	Spring Chickens, Muncie
2:00	Polly Darton Bloomer Show, Cass County
2:30	Fulton County Entertainers
3:00	Announcements and Awards
3:15	Richmond Opera Group, Charles Comopiano, Director
4:00	Fun Time Sing Along, Howard County
4:30	Songs of Yesterday, Lois Hollenbach, Miami County
5:00	Yesterways Revue, Yvonne Long, Director
7:00	P.M. Building closes

Friday, August 21 Senior Queen Day (No Area Day)

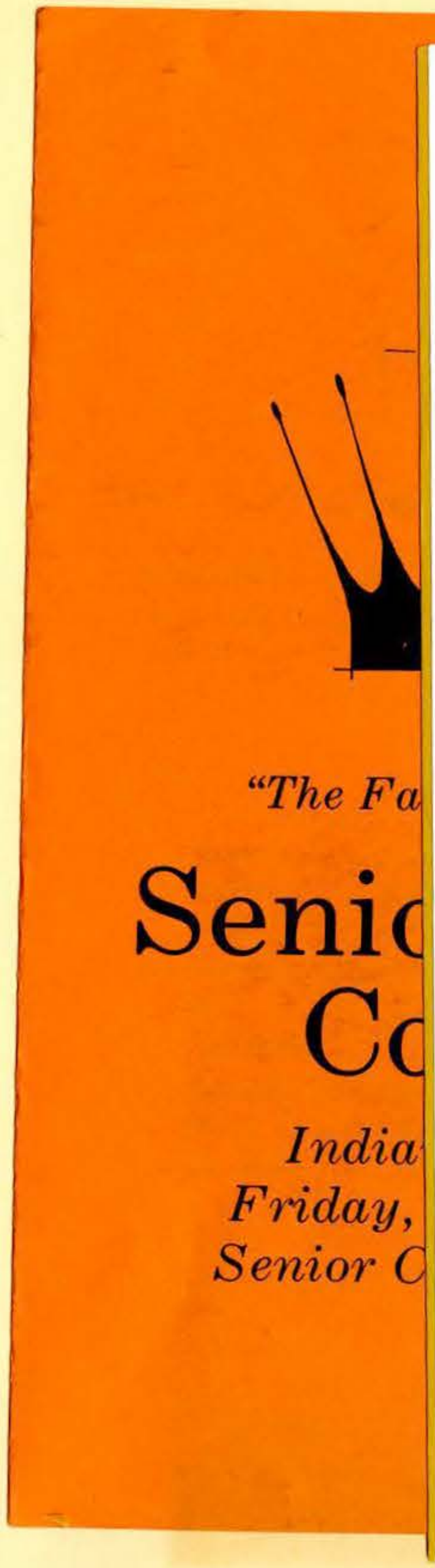
9:00	Building Opens
10:00	Beth Lucas Dancers
1:30	1981 Indiana Senior Queen Contest Coronation by Gov. Robert D. Orr
3:00	Announcements and Awards
4:30	Senior Squares
7:00	P.M. Building closes

- STATE FAIR
- SONLIGHTS

- STATE FAIR
- LESLIE DEMPSEY

1981

- STATE FAIR
- MUSICAL NEIGHBORS



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Saturday, August 22
Areas 9 and 14

9:00 Building Opens
9:15 Ms. Leslie Dempsey, 1980 Harvest Homecoming Queen, Assisted by Ms. Jerry Walker
10:15 Sonlight by Ty Stover & Group
11:00 Karen Minter, Guitarist
11:45 Scott County Musical Neighbors
1:00 Senior Workers Action Center Singers & Dancers, Richmond
2:00 Maggie Gibson, Union County, Liberty
2:15 Senior Citizen Swingers, Rush County Senior Citizens Center, Rushville
3:00 Announcements and Awards
3:15 Scott Jackson Singers, Franklin County Senior Citizens Center, Brookville
3:45 Charles Mathews, Richmond
4:00 Dixon Dance Studio
7:00 P.M. Building closes

Sunday, August 23
Areas 11 and 12

9:00 Building Opens, The Knotty Pines of Evergreen, North Vernon, Jennings County
10:15 Tree City Rhythm Band, Greensburg, Decatur County
11:00 Bartholomew County Retirement Foundation
12:00 Versailles Senior Citizens Music Makers
3:00 Announcements and Awards
3:30 Seymour Kitchen Band, Seymour, Jackson County
5:00 Ft. Wayne RSVP Syncopators, and Bryon Health Center Muffeteers
7:00 P.M. Building closes

Monday, August 24
Areas 3 and 13A

9:00 Building Opens
9:30 Decatur Kitchen Band
10:00 Merry Songsters, Ft. Wayne Parks & Recreation Department
10:30 Mr. Casey's Trousers, Heimack Center Bit Players
11:00 Huntington Senior Band
12:00 Music Makers, Ft. Wayne Parks & Recreation Department
1:00 Washington Kitchen Band
2:00 Odon Kitchen Band
3:00 Announcements and Awards
3:30 "Rhythm Makers", Henry County Senior Center
6:00 Dixon Dance
7:00 P.M. Building closes

Tuesday, August 25
Areas 4 and 10

9:00 Building Opens
9:30 Gosport Kitchen Band
10:00 Tippecanoe County Kitchen Band
10:30 Twin Lakes Senior Citizens Chorus
11:00 Owen Valley Gospel Choir, Senior Friends of Owen County
11:15 Christian Center Singers
11:30 Letha Jackson Aerobatic Dancers, Spencer
12:00 Covington Senior Citizens Band
1:00 Allison Dance Studio — Acrobatic Teenagers
1:30 Cheryl Figg & The Windfall Dancers, Monroe County
2:00 Twin Lakes Senior Citizens Chorus
2:30 "Jolly Oldsters", Clinton County
3:00 Announcements and Awards
3:30 Music by Roger Smith
5:00 "I don't know", Country Monologue by Wilma Brown
5:30 Sing-a-long with Mrs. Boyd and Mrs. Byrd
5:45 Monroe County Square Dancers
6:15 Brass Quartet
7:00 P.M. Building closes

Wednesday, August 26
Area 1

9:00 Building Opens
9:15 Keen Agers, South Lake County Community Services
10:15 Senior Promenaders, Hobart Township Community Services
11:00 Melody Movers, Metro Corps of Gary
12:00 Tail Tellers, Lake Ridge Area Community Services
1:00 Favorite Fours, Metro Corps of Gary
2:00 Arizona Jack, Greater Hammond Community Services
3:00 Announcements and Awards
4:00 Sentimental Sounds by Evelyn, Lake Ridge Area Community Services
5:00 Melody Movers, Metro Corps of Gary
6:00 Keen Agers, South Lake County Community Services
7:00 P.M. Building closes

Thursday, August 27
Areas 7 and 15

9:00 Building Opens
9:30 Clay County Kitchen Band
10:00 Greencastle Kitchen Band

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STATE FAIR
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10:30 Wabash Kitchen Band
11:00 Happy Kitchen Band, Jasonville/Hymera
11:30 Clinton Kitchen Band
12:30 Summer Singers, Mitchell High School Music Dept., Mitchell
3:00 Announcements and Awards
6:00 Dixon Dance Studio
7:00 P.M. Building closes

Friday, August 28
Area 13B

9:00 Building Opens
10:00 Songs of Praise — Olive Branch Baptist Church — Director, Andrew Paris
10:30 Pianist — Karl Jackson — Lincoln Garden Center
11:00 Salvation Road Show — Accompanist, Judy Grebe
12:00 Mack and Jack Show — Sam Adams and Mack Lam
12:30 Chandler Dance Studio — Director, Mary Chandler
1:15 Accordianist — Ernie Gilland, Salvation Army Day Care Center
1:30 Country Western Show, Spencer County Seniors
2:00 Variety of Things
2:15 Ohio Valley Dulcimer Folk
3:00 Announcements and Awards
3:30 Hawaii Time — Chandler Dance Studio
4:00 Salvation Road Show — Accompanist Judy Grebe
6:00 Dixon Dance Studio
7:00 P.M. Building closes

Saturday, August 29
Area 8

9:00 Buildng Opens
9:30 Mary Rigg Seniors, Mary Rigg Senior Center, Ellen Sparks, Director
10:30 Indianapolis Senior Citizens Choral Group, Charles Kindermann, Director
11:15 Kenneth H. Reid, Indianapolis
11:30 Seniorette Kitchen Band, Indianapolis Senior Citizens Center, Linda Smith-Forest, Director
12:00 Two J's, Retired Senior Volunteer Program
1:00 Artesian Tune Tossers, Morgan County
2:00 555 Fun Makers, Retired Senior Volunteer Program, Mae Hicman, Director
3:00 Announcements and Awards
3:30 Lebanon Kitchen Band, Lebanon Senior Center
4:00 Beth Lucas Dancers
5:00 Beech Grove Senior Center, Betty Miller, Director
6:00 Dixon Dance Studio
7:00 P.M. Building closes

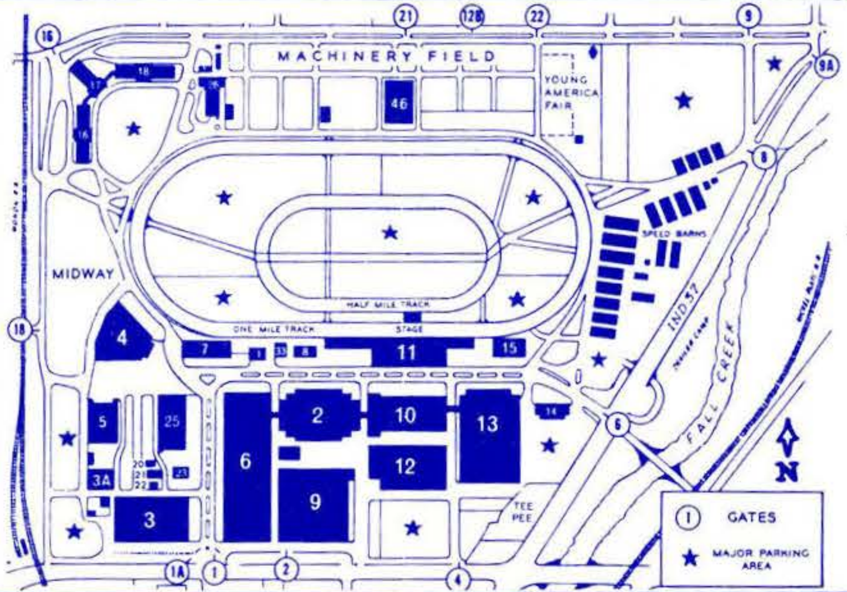
Sunday, August 30

9:00 Building Opens
3:00 Announcements and Awards
7:00 P.M. Building closes

Indiana State Fairgrounds

1. Administration
2. Coliseum
3. Exposition Hall
3A. Senior Citizens
4. Agriculture Horticulture
5. Poultry
6. Cattle Barn
7. State Universities
8. Lincoln Theatre
9. Saddle Horse Barn
10. Pavilion
11. Grandstand
12. Sheep Barn
13. Swine Barn
26. Natural Sciences
46. Farm Bureau
14. Service
15. Communications
16. 4 H Boys Dorm
17. 4 H Exhibit Hall
18. 4 H Girls Dorm
23. Red Cross
25. Home & Family Arts

3A—Senior Citizens Building



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For information on Blue Cross and Blue Shield of Indiana Medicare Supplement Plan call 263-4954 or 263-4955 or write Medicare Supplement Plan.

Blue Cross and Blue Shield
of Indiana
P.O. Box 7040
Indianapolis, Indiana 46207

Blue Cross
Blue Shield
of Indiana

120 West Market St.
Indianapolis, Ind. 46204
® Reg. Mark Blue Cross Assn.
® Reg. Serv. Mark, Nat'l Assn. of Blue Shield Plans

1980 State Fair Grand Champion Cookie-Bake Off Cookie Recipies

1st Place winner **Helen DeWitt, Indianapolis**
Peanut Butter Chip Cookies

1 cup shortening or ¾ cup margarine
1 cup sugar
½ cup packed light brown sugar
1 tsp. vanilla
2 eggs
2 cups unsifted flour
1 tsp. baking soda
1 12 oz. pkg. Reeses peanut butter chips

Cream shortening, sugar, brown sugar and vanilla until light and fluffy, add eggs and beat well. Add flour and baking soda combined, then stir in chips. Drop by teaspoon-fulls onto ungreased cookie sheet. Bake at 350° 10-12 minutes until light brown. Makes approx. 60 cookies.

2nd place winner **Ed Kennedy, Milltown**
Oatmeal-Date Nut Drop Cookies

½ cup margarine
½ cup white sugar
½ cup brown sugar
1 egg
1 teaspoon vanilla

Cream together — add the following dry ingredients that have already been mixed.

1 cup oatmeal
1 cup flour
½ teaspoon soda
½ teaspoon salt

Mix all ingredients well — fold in—

½ cup nuts
½ cup chopped dates

Drop by teaspoon on greased cookie sheet. Bake at 350° 12-15 minutes. Makes approx. 40 cookies

3rd place winner **Catherine Bartlow, Carmel**
Orange Roll Cookies

16 oz. can undiluted frozen orange juice, room temp.
112 oz. box vanilla wafers, crushed
1 lb. box powdered sugar
¼ lb. melted oleo margarine

Mix all ingredients well and shape into balls — Roll in coconut. Do not bake. Makes 6 dozen

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1981 Booth Exhibitors Senior Citizens Building Indiana State Fair

American Association of Retired Persons
Indianapolis Senior Citizens Center
Indiana Historical Society/Indiana History Project
Retired Senior Volunteer Project Directors of Indiana
Indiana Green Thumb
International Marketing Systems, Inc., Lifeguard Division
Little Sisters of the Poor
Westside Senior Citizens
United Seniors Action
Near Eastside Senior Citizens
U.S. Food and Drug Administration
Operation Late Start, Inc.
Golden Rule Insurance Company
Salvation Army Senior Citizens Center
United Northwest Area, Inc.
Senior Communications, Inc.
Indianapolis Department of Parks and Recreation
Brightwood Community Center
Social Security Administration
Indiana CAP Directors Association
Indiana Commission on Aging and Indiana Office of Community Services Administration

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Older Hoosier of the Year Recipients

1973
*Dr. George E. Davis
Lafayette

1974
Martin H. Miller
Indianapolis

1975
Ruth Jackson
Muncie

1976
*Judge Curtis G. Shake
Vincennes

1977
Dr. Jesse L. Dickinson
South Bend

1978
Dr. Garrett G. Eppley
North Manchester

1979
Hollis W. DeaKyne
Alexandria

1980
Aloysius J. Rumely
LaPorte

*Deceased

Past Indiana Senior Queens

1974
Alice Bird
Albuquerque, New Mexico

1975
*LaVonne Norman
Linden

1976
Reka Matthews
Franklin

1977
Elsie Saberton
Evansville

1980
Mae Newsom
Anderson

1978
Frances McCully
Rushville

1979
Ethel Meyer
Milroy

*Deceased

Area Coordinators

Senior Citizens Building

Area 1	Rev. Darrel P. Schultz Hammond
Area 2	Patt Weedling Plymouth
Area 3	Dorothy Schuerman Fort Wayne
Area 4	Barbara Koppel Lafayette
Area 5	Maxine Fewell Greentown
Area 6	Carol Staggs Muncie
Area 7	Paula Marie Read Terre Haute
Area 8	Betsy Gunther Indianapolis
Area 9	Kathy Bridgeford & Jolene Millsaps Richmond
Area 10	Virginia Macy Bloomington
Area 11	Sherry Carmichael Columbus
Area 12	Brenda Wickizer Dillsboro
Area 13A	Gerald Wilbert Vincennes
Area 13B	Maxine Michel Evansville
Area 14	Nancy Shiner New Albany
Area 15	Owettah J. Scott Orleans

The Tribune, New Albany, Ind., Fri., Sept. 4, 1981

SPECIAL RAG DOLLS — Retired Senior Volunteers organized by the Southern Indiana Council for the Aging and the Aged have donated nine dozen rag dolls to be used in the pediatrics department of Floyd County Memorial Hospital. The dolls will be used by physicians to describe the child's treatment more clearly. For instance, a line will will be drawn on the doll to show where a scar from a appendectomy will be. Looking over the dolls are, from left: Rebecca Ramsey, retired senior volunteer; and hospital officials Clarice Eisenmenger, RN, head nurse in pediatrics; Jean Bedaine RN, assistant director of nursing; and Randy Cole, director of purchasing.

(Tribune Photo by Don Beck)

The Corydon, In., HARRISON COUNTY PRESS. Wednesday, September 9, 1981

New meal site opens at Hillview

The South Central Indiana Council for the Aging and Aged, Incorporation, announces the opening of a Nutrition Meal Site: Monday, September 14. Nancy Stevens of Crandall has been appointed Meal Site Manager by the Council.

This meal site will be the third in Harrison County. The other sites are in Corydon at the Senior Citizens House and in Frenchtown. Anglea Cook, Nutrition director, states that the purpose of the meal site is two fold: to provide a hot nutritious meal for those who might not have such a meal and provide a setting for social contact and educational programs.

For persons sixty years of age or older, the cost of the meal is by donation only. Even if a person cannot make a donation, he is still welcomed and encouraged to attend the meal site. For persons under sixty, the cost of the meal is $2.50. The site, located at Route 2, will be opened five days a week, Monday through Friday.

Although the meal site will serve the residents of Hillview, all senior residents in the area are invited to the meal site.

A special opening ceremony is planned for Monday, September 14, at 12 noon. Reservations for the meal must be made by 1:00 p.m. on Friday, September 11.

This meal site will be the 17th in Area 14 comprised of Clark, Floyd, Harrison, and Scott counties. The Nutrition Program in Area 14 is now serving approximately 800 meals a day in both urban and rural areas of the 800 meals served, 425 are served in a congregate setting and 375 are served to the home bound elderly.

Among those activities scheduled at the meal sites are regular blood pressure screenings, informative programs on legal matters, nutrition education, sing-alongs, birthday parties, leisure and social activities such as bingo and cards, organized shopping trips, health programs and screenings for health related disorders, and RSVP workshops.

The Council is an "umbrella" agency which coordinates the Nutrition Program, Social Services, Legal Services of Indiana, the Council for Older Americans which provides transportation and five day activity centers, Barrier Free, RSVP, Health Services, and Information and Referral Services.

For reservations to the opening at Hillview and further information about the Council's programs, call 738-3746 or 1-948-8872 +

THE BANNER-GAZETTE, Wednesday, August 26, 1981

Area 14 Council for the Aging releases Senior Olympics schedule

The schedule for the first Area 14 Senior Olympics was recently released by the South Central Indiana Council for the Aging and Aged, Inc. The games will be held Thursday, Sept. 17, through Saturday, Sept. 19, for Clark, Floyd, Harrison and Scott County residents.

The Board of Directors for the Senior Olympics consists of: Mayor Robert Real, New Albany; Steve Norton, Floyd County Parks and Recreation Department; William Shrewsberry, Jeffersonville City Councilman; Frank Mardis, Barrier Free Program; Judge Marilyn Austin, Corydon; Mary Lou Heinz, past president of the River Heritage Overlook; Ed Martin, New Albany Chamber of Commerce; Donna Buchinsky, Corydon; and David Ragland, president of Nursing Home Corporation.

Any resident of Area 14 that will be 55 by Dec. 31 or older, may participate in any event that is in his age group. Medals will be presented to the highest overall male and female scorers along with winners in each age group. The overall scorers will receive their trophies at the awards banquet scheduled for Sept. 19.

Each event except bowling, will cost 50 cents to enter. Bowling will cost 50 cents to enter and $2.10 per lane.

The only event already in progress is the tennis tournament. The second week of competition will be held Aug. 24, for ages 60-69 and the third week is Aug. 31, for ages 70 and older. The tournament is under the supervision of Sam Peden and played at the Skyline Tennis Club.

A detailed list of events include the following activities on Thursday, Sept. 17. At 7 p.m. events include table tennis at the Recreation Center, New Albany, under the supervision of Bernard Hock; registration for the Hobby Show, Green Tree Mall, Clarksville, under the supervision of Linda Cody.

Activities for Friday, Sept. 18, are golf, 8 a.m., Wooded View Golf Course, Clarksville; the Hobby Show, open viewing at the Green Tree Mall, 10 a.m.; bowling at Silver Creek Lanes, Sellersburg, 1:30 p.m.; Horseshoes at the Jaycees Riverfront Park, New Albany, 3 p.m.; bike racing at the Indiana University Southeast central parking lot, 5 p.m.; swimming at the Scribner Junior High School, 6:30 p.m.; and checkers at 7 p.m., New Albany Recreation Center.

Activities for Saturday, Sept. 19, are a fishing rodeo, 8 a.m., Kopp Lake, pancake race, 10 a.m., Green Tree Mall, Clarksville; and Track and Field, 10 a.m., Jeffersonville High School.

The Award Presentation for the Hobby Show will begin at noon at the Green Tree Mall, with a dance contest in the IUS Hoosier Room, New Albany, at 1 p.m. Racquetball will be played at 2 p.m. in the Green Tree Racquetball Club, Clarksville. Basketball will be played at 2:30 p.m. at the New Albany Community Park with an awards dinner presented at the Riverview Towers at 7 p.m. The Hobby Show is scheduled to end at 9 p.m.

The Tribune, New Albany, Ind., Tues., Sept. 15, 1981

Senior Olympics

Green Tree Mall and South Central Indiana Council for the Aging and Aged, Inc. are sponsoring a Senior Olympics and Senior Art Fair with registration beginning Thursday evening, Sept. 17, and exhibitions of arts and crafts on Friday and Saturday, Sept. 18 and 19, 1981. Award presentations will be af noon Saturday.

The Senior Olympics involves a "Pancake Race" on Saturday at 10 a.m.

The Tribune, New Albany, Ind., Wed., Sept. 16, 1981

Changes In Senior Olympics

The swimming event of the Senior Olympics scheduled for Friday at 6:30 p.m. has been cancelled due to lack of entrants in that category.

The olympics begin Thursday evening.

Nearly 100 persons have entered the events, which will begin at 7 p.m. Thursday with table tennis at the Ekin Avenue Recreation Center.

Entries will be taken at the time of each event.

According to Carla Warner, chairman of the olympics, golf may be one of the most interesting events. It will be held at the Wooded Way Golf Course in Clarksville from 8 a.m. to 8 p.m. Play can take place any time, as long as a player's score can be verified by another person. A scoreboard will be kept throughout the day. It will be nine holes of golf, no handicap. Registration fee is 50 cents. Men and women, age 55 and up are invited.

The horseshoes event is Friday, 3 p.m. at Jaycees Riverfront Park. Anyone interested can show up and register.

For more information on any event, contact Carla Warner at 948-8330.

THE COURIER-JOURNAL, TUESDAY, SEPTEMBER 15, 1981

Senior Olympics takes inside track

The South Central Indiana Council for the Aging and Aged will sponsor a Senior Olympics Thursday, Friday and Saturday.

The events for people 55 and over will include basketball, bike races, bowling, bridge, checkers, chess, euchre, fishing, a dance contest, hobby competition, golf, horseshoe pitching and tennis.

The schedule includes:

✓ Thursday: table tennis at the Ekin Avenue Recreation Center, 1721 Ekin Ave., and registration for the hobby show at the Green Tree Mall in Clarksville, both at 7 p.m.

✓ Friday: golf at the Wooded View Course in Clarksville at 8 a.m., the hobby show at 10 a.m. and bowling at the Silver Creek Lanes in Sellersburg at 1:30 p.m.; and in New Albany, horseshoe pitching contests at the Jaycees Riverfront Park off Main Street at 3 p.m.; bike races at Indiana University Southeast at 5 p.m.; swimming at Scribner Junior High School on Cherry Street at 6:30 p.m.; and various board games at the recreation center at 7.

HOOSIER NOTEBOOK

✓ Saturday: fishing rodeo at Kopp's Lake at 8 a.m., a pancake race at the Green Tree Mall and track and field at Jeffersonville High School on Allison Lane, both at 10 a.m.; hobby award presentations at noon; a dance contest at IUS at 1 p.m.; a racquetball tournament at the Green Tree Racquetball Club in Clarksville at 2 p.m.; the basketball contests at New Albany-Floyd County Community Park on Grant Line Road at 2:30 p.m.; and an awards dinner at Riverview Towers at West Second and Elm streets in New Albany at 7 p.m.

Awards will be given for first, second and third places in each event. In addition, a female and male overall winner will receive a trophy on the basis of a point system. Call Carla Warner at 948-8330 for details.

Other Southern Indiana activities include:

The Courier-Journal, Saturday morning, September 19, 1981

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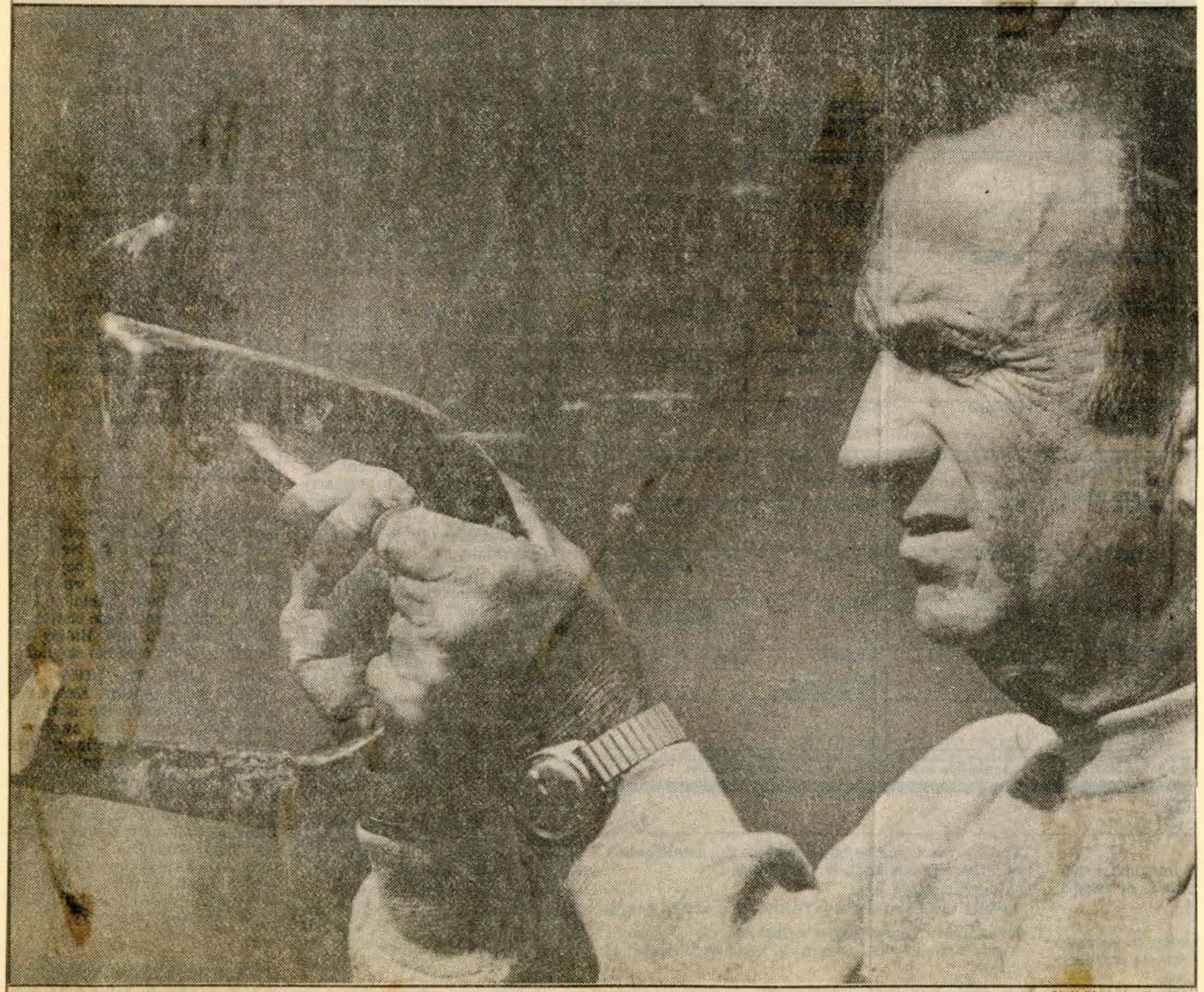


Staff Photo by Dan Dry

Shoe down

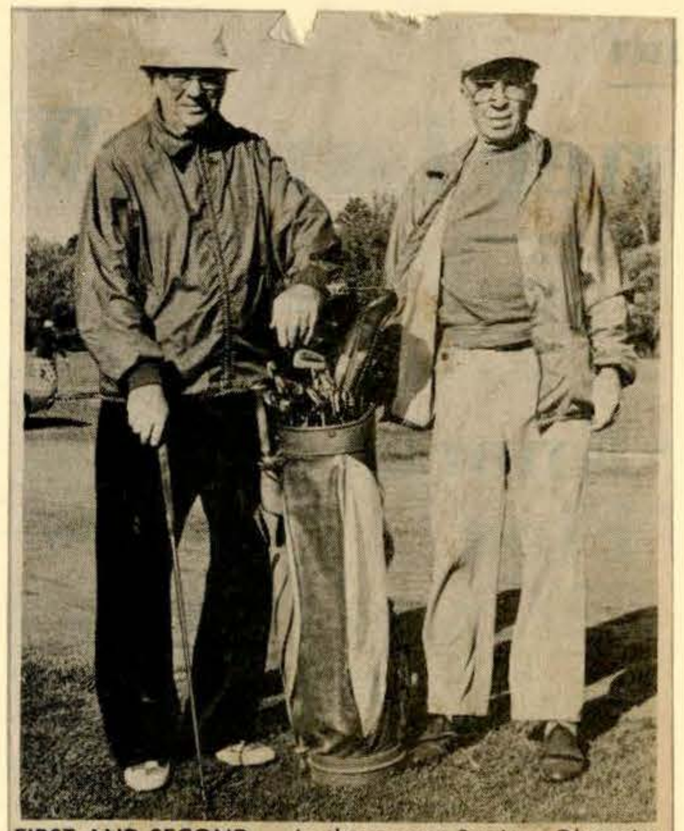
Maurice Spainhour, 61, of Clarksville won the horseshoe-pitching competition yesterday at the Senior Olympics sponsored by South Central Indiana Council for the Aging and Aged Inc. Spainhour captured the title in a best-two-out-of-three match.

Tribune, New Albany, Ind., Tues., Sept. 15, 1981

GUIDE FOR HANDICAPPED — The Pilot Club, in cooperation with Mayor Robert Real's office will be contacting all businesses in the community to compile information regarding facilities for the handicapped. The listing will include parking spaces, ramps, delivery services and discounts. Preparing a stencilled sign in the Ace Hardware parking lot were from left, Frank Mardis, colunteer for South Central Association of the Handicapped, Jean Scott, Pilot Club member and manager of the Gift Gallery; Ben Lenfert of Ace Hardware and Jim Roberts, of the South Central Association of the Handicapped.

(Tribune Photo By Bev Tully)

The Tribune, New Albany, Ind., Thurs., Sept. 24, 1981



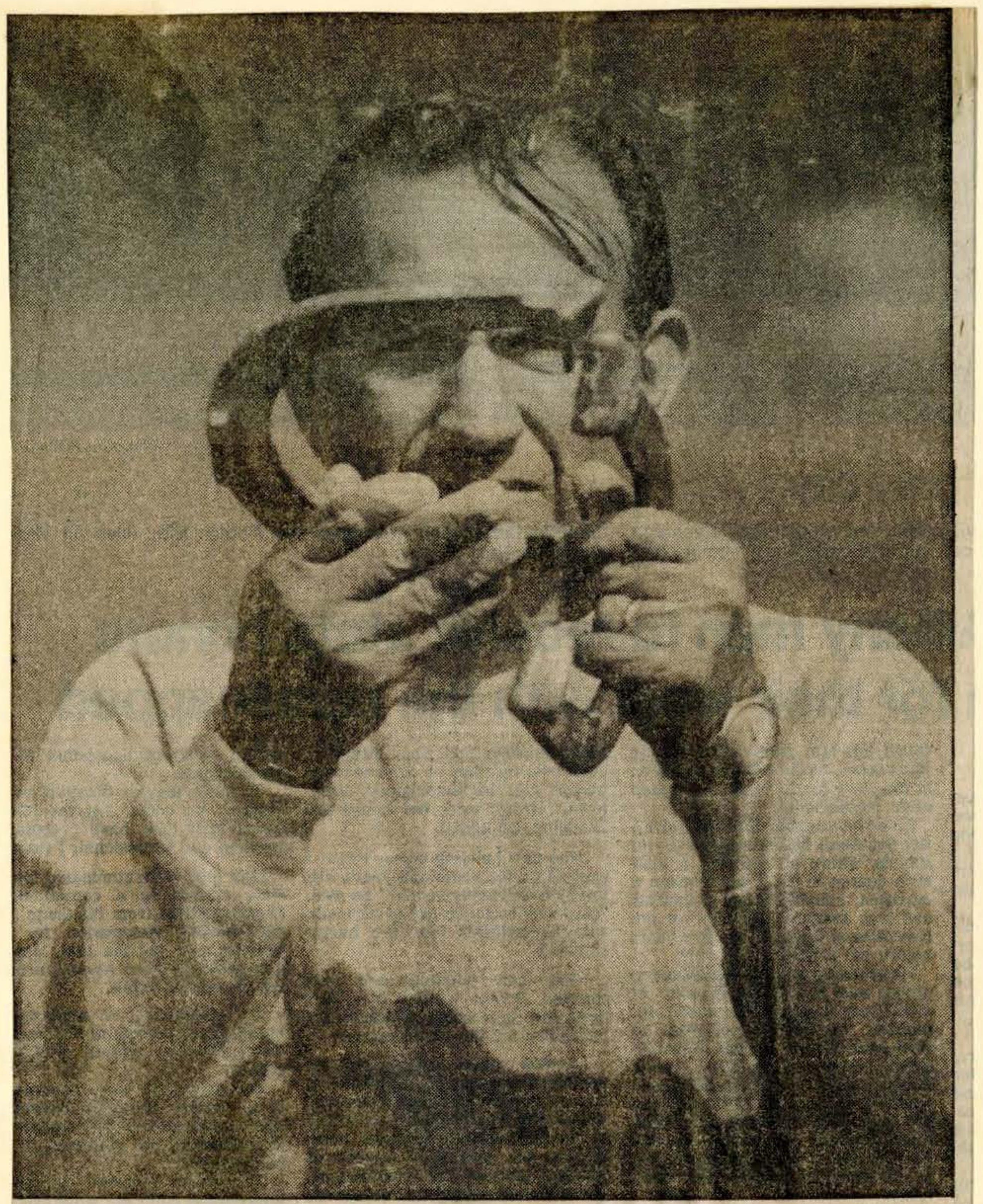
FIRST AND SECOND — In the recent Seniors Olympics the above two golfers took first and second place honors in the 65-69 age range in golf. From left to right, are Joe Bosco (2nd place) and Snook LaDuke (1st place). The golfing portion of the Olympics was played at Wooded View Golf Course in Clarksville.

(Tribune photo by Don Beck)

Staff Photo by Dan Dry

He was dead (ringer) last, but also second

Chester Norton, of New Albany, paused before tossing his horseshoes during a tournament yesterday at Jaycees Riverfront Park, in New Albany. The event, which drew only two contestants, was part of the Senior Olympics, sponsored by the South Central Indiana Council for the Aging and Aged. The winner was Maurice Spainhour, of Clarksville, who beat Norton two straight out of three matches. The olympics continue through today at various locations in Southern Indiana.



Taking aim with his horseshoes, Maurice Spainhour of Clarksville, above, prepared to make his shot. Right, Spainhour waited for his next shot against Chester Norton of New Albany. Only two people participated, Spainhour placed first in the contest.

Senior Olympics winners named

The South Central Indiana Council for the Aging and the Aged recently announced the winners of the first annual Senior Olympics held last weekend.

According to Carla Warner, coordinator of the Olympics, the council is satisfied that the goals for this year were met. The council was pleased by the participation in the events. One hundred and seventy men and women over the age of 55 competed in the olympics.

"We hoped to provide an event for older adults which would given them an opportunity to compete in a variety of athletic and creative activities," said Warner.

Two overall winners were selected for their participation and achievement in a variety of events. Maurice Spainhour, Clarksville, was selected as the overall men's winner and Gladys Blankenbaker, Jeffersonville, was the overall women's winner.

The other winners follow:

Winners of the Dance Contest were Ann Attrudge, Clarksville; Roe Whelan, New Albany; Mildred Shaffer, Clarksville; Ann McCloud, New Albany; Rosalie Russ, Jeffersonville; Gladys Blankenbaker, Jeffersonville; Roe and C. A. Whelan, New Albany.

Winners of the Golf Event were: Harold Wibbels of Jeffersonville, George Taylor, Frank Muller, Snook LaDuke of New Albany, F. M. Thompson of New Albany, Joe Bosco of New Albany, Shelly DeWeese of Clarksville, Ray Metz of Jeffersonville and Frank Lahr, Clarksville.

Winners of the table tennis were: Eugene Bricher of Clarksville, and Maurice Spainhour of Jeffersonville.

Winners of the fishing event were: Allert Shumate of Jeffersonville and Katherine Maier of New Albany.

Winners of the track and field events were: C. A. Whelen of New Albany, Elmo Inzer of Jeffersonville, and Maurice Spainhour of Jeffersonville.

Winners of the hobby show were: Charles Day of Clarksville; Dorothy Phillips of Clarksville; Gerald Lewis of New Albany; Ruth Potter of New Albany, Irene Lahr, Clarksville, Wresse Hurst of Clarksville; and the Westminster Village Round Dancers.

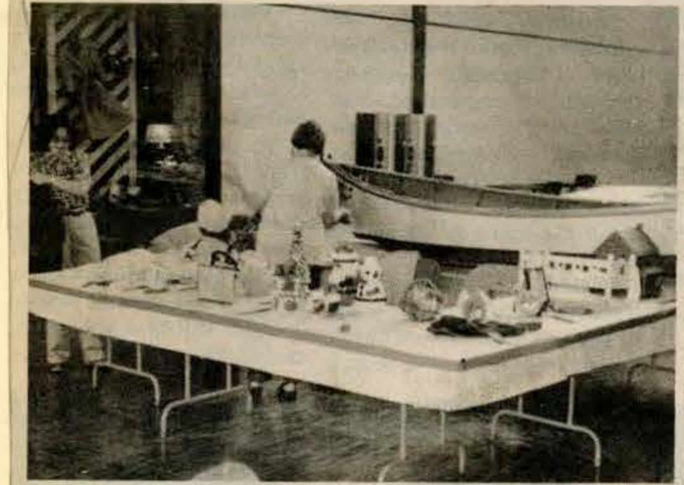
Winners of the board games events were: Raymond Metz of Jeffersonville, Roy Hall of New Albany, Charles Knott, of Jefferonville, Paul Shields of New Albany, Margaret Sechrer of New Albany, Gladys Blankenbaker of Jeffersonville, Erma Metz of New Albany, Harold Ems of New Albany, and Della Weis of Corydon.

Winners of the pancake race were: Rosalie Surber of Scott County, Hazel Walker of Scott County, and Ruth Robison of New Albany.

Winners of the basketball event were: Stan White of Clarksville and Maurice Spainhour of Jeffersonville.

Winners of the bowling event were: Fannie Mazey of New Albany, Irene Potter of New Albany, Virginia Slusser, Al Shumate of Jeffersonville, George Gallman, and Shelly DeWees of Clarksville.

Winners of the horseshow event were: Maurice Spainhour of Jeffersonville, Chester Norton of New Albany, Margaret Jones of New Albany, Margaret Schmelz of New Albany, Mildred Sanders of New Albany, Allen Harritt of Edwardsville, Dorothy Phillips of Clarksville, L. Routh of New Albany, Zelma Snow of Scott County, Lon Chism of Clarksville, Ruth Robinson, New Albany, and Loretta Lewis, New Albany.



A display of arts and crafts at the Senior Olympics Hobby Show at the Greentree Mall on Sept. 19.

THE SENTINEL, Wednesday, September 23, 1981

Several Westminster Village residents dominated the Hobby Show at the Senior Olympics held last weekend.

The residents (from left to right) are: Paul Ogden, first place in photography; Charles Day, first and second place in oil painting; Ruth Potter first place in crafts and photography; Nell Jacobsen; Dorothy Phillips, third place in oil painting and second place in artificial centerpieces; and Prudence Brown, second place in photography. Not pictured is Irene Lahr, first place in photography.

THE SENTINEL, Wednesday, September 23, 1981

The South Central Indiana Council for the Aging and Aged, Inc., opened a new Nutrition Meal Site at Greentree Village on Sept. 21. From left to right, Max Mason, president of the South Central Council; Jennie McNeely, site manager; Thelma Bertrand, executive director; and Angie Cook, nutrition director, preside over the opening.

The site will provide a hot, nutritious meal to those who might not be able to afford it, and a setting for social contact, leisure activities and educational programs.

The Tribune, New Albany, Ind., Tues., Sept. 22, 1981

Senior Olympics Winners Made Marks On Weekend

One hundred and seventy men and women aged 55 and over participated this past weekend in South Central Indiana's first annual Senior Olympics sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

The number of participants exceeded the number that Indianapolis had in the first year of its Senior Olympics. Carla Warner, coordinator of the events, feels confident that they will have double that number for next year. Warner is satisfied that the goals for this year were met.

"We hope to provide an opportunity for senior citizens to compete in a variety of athletic and creative activities while having fun and keeping fit," she said.

Dance Contest

Ann Attrudge, Clarksville; Roe Whelan, New Albany; Mildred Shaffer, Clarksville; Ann McCloud, New Albany; Roselie Russ, Jeffersonville; Gladys Blankenbeker, Jeffersonville; C. A. Whelan, New Albany; Wresse Hurst, Clarksville; The Westminister Village Round Dancers, Clarksville.

Board Games

Raymond Metz, Jeffersonville; Roy Hall, New Albany; Charles Knott, Jeffersonville; Paul Shields, New Albany; Margaret Sechser, New Albany; Gladys Blankenbeker, Jeffersonville; Erma Metz, New Albany; Harold Ems, New Albany; Della Weis, Corydon.

Pancake Race

Rosalie Surber, Austin;

New Albany.

Golf

Harold Wibbels, Jeffersonville; George Taylor, Galena; Frank Muller, Jeffersonville; Marshall LaDuke, New Albany; F. M. Thompson, New Albany; Joe Bosco, New Albany; Shelby DeWees, Clarksville; Ray Metz, Jeffersonville; Frank Lahr, Clarksville.

Table Tennis

Eugene Bricker, Clarksville; Maurice Spainhour, Jeffersonville.

Fishing

Albert Shumate, Jeffersonville; Katherine Maier, New Albany.

Track and Field

C. A. Whelan, New Albany; Elmo Inzer, Jeffersonville; Maurice Spainhour, Jeffersonville.

Katherine Maier of New Albany didn't have the biggest fish from Kopp's Lake but she still managed to capture second place Saturday in the fishing rodeo. The only other participant to catch fish was Alfred Schumate of Clarksville who pulled in two catfish.

PHOTOS BY
DAVID R. LUTMAN

A SPECIAL PUBLICATION OF THE LOUISVILLE TIMES, © 1981

The Charlestown, In., COURIER, Wednesday, October 7, 1981

South Central Council for Aging and Aged plans hearing Thursday

The annual hearing of the 1982 Area 14, plan for the South Central Indiana Council for the Aging and Aged, Inc., will be Thursday, October 15, 1981 at 1:00 p.m. in the Nutrition Meal Site at Clark Arms, 117 W. Market Street, Jeffersonville, Indiana. At this time the 1982 budgets and objectives for the Nutrition Program, Administration Title III, and Social Services will be presented.

Residents of Area 14 which serves Clark, Floyd, Harrison, and Scott Counties are urged to attend this presentation and to participate in the question and answer period. For further information, call Nancy Shiner at 948-8330. +

THE BANNER-GAZETTE, Wednesday, October 14, 1981

Annual hearing to be Oct. 15

The annual hearing of the 1982 Area 14 Plan for the South Central Indiana Council for the Aging & Aged, Inc., will be Thursday, Oct. 15, at 1 p.m. in the Nutrition Meal Site at Clark Arms, 117 W. Market Street, Jeffersonville.

At this time, the 1982 budgets and objectives for the Nutrition Program, Administration Title III, and Social Services will be presented.

Residents of Area 14 which serves Clark, Floyd, Harrison, and Scott Counties are urged to attend this presentation and to participate in the question and answer period. For further information, call Nancy Shiner at 948-8330.

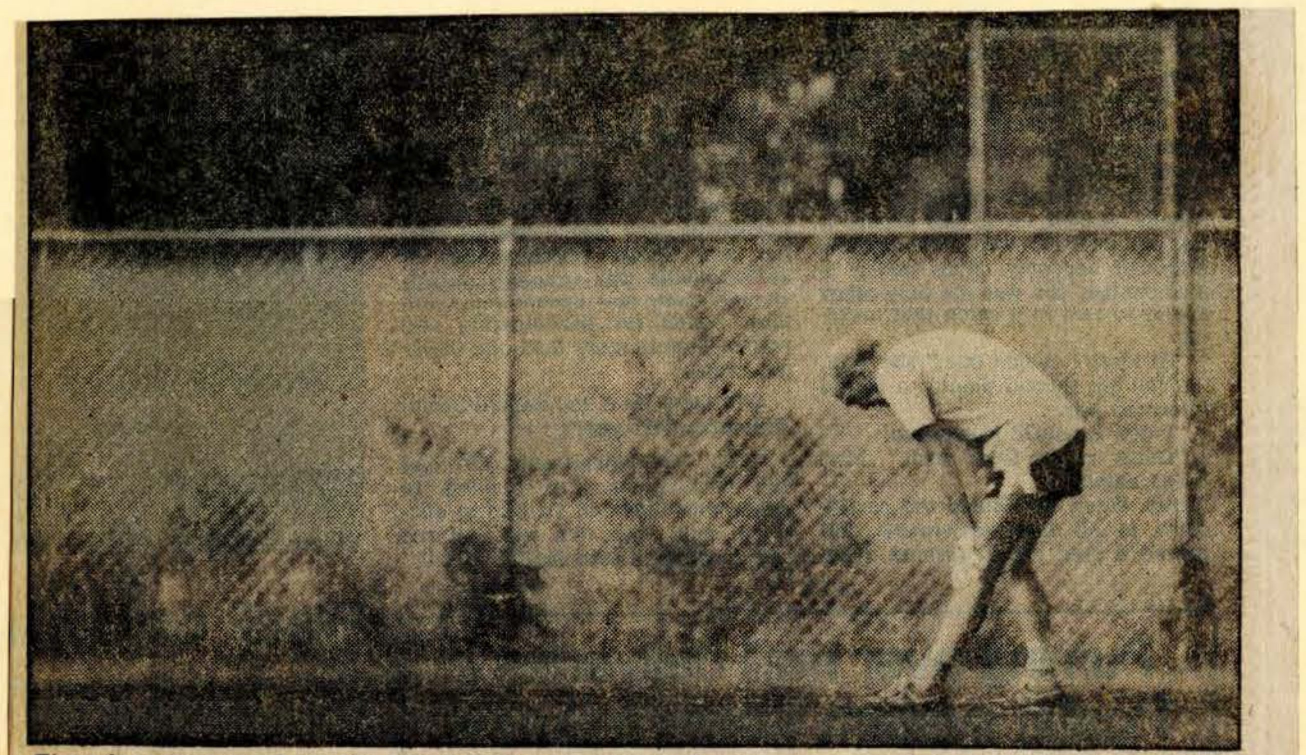
THE SENTINEL, Wednesday, October 7, 1981

Council plans annual hearing

The annual hearing of the 1982 Area 14 Plan for the South Central Indiana Council for the Aging & Aged, Inc., will be Thursday, Oct. 15, at 1 p.m. in the Nutrition Meal Site at Clark Arms, 117 W. Market Street, Jeffersonville. At this time the 1982 budgets and objectives for the Nutrition Program, Administration Title III, and Social Services will be presented.

Residents of Area 14 which serves Clark, Floyd, Harrison, and Scott Counties are urged to attend this presentation and to participate in the question and answer period. For further information, call Nancy Shiner at 948-8330.

WEDNESDAY EVENING, SEPTEMBER 23, 1981



Elmo Inzer warmed up for the 1,600-meter race Saturday on the Jeffersonville High School track. Inzer, of Jeffersonville, was the only participant in that race.

Senior Olympics

Events show age is no deterrent to active life

By GEORGIA MACDONALD
Indiana Weekly Editor

Last Friday was a gloomy day. The skies were gray, temperatures were in the 50s and it rained intermittently during the morning hours.

But that didn't deter a few hardy souls — the youngest of whom was 66 years of age — who got up early, drug out their golf clubs and headed for the Wooded View Golf Course in Clarksville at 8 a.m. to compete in the Senior Olympics golf tournament.

The Senior Olympics, the first of its kind in Southern Indiana, was sponsored by the South Central Council on Aging and Aged headquartered in New Albany.

The brainchild of Dorothy Mann, former health services director with the council, the Olympics was designed to change the image of senior citizens from a physically inactive to active group. It was patterned after similar events held in Indianapolis and Sanford, Fla. Terre Haute also held its first Senior Games this year.

Before the event ended Saturday night, about 170 people, 55 years of age and older, had participated in events such as table tennis, bowling, horse shoes, board and card games, track and field, a dance contest, a fishing rodeo, pancake race, basketball and a hobby show.

"These people were evidence that keeping active and staying involved keeps you young," said Carla Warner, who took over as Olympics coordinator when Ms. Mann resigned to accept a post in Hanover.

Many participants in the Olympics were in their 70s, Mrs. Warner noted. "Even the less active participated in the hobby show," she added. "It shows the importance of staying active and keeping involved. We want to show that senior citizens are very active."

The golf tournament was the first event in the second of three days of competition that began the night before with a table tennis tournament in New Albany and the registration for a hobby show at Green Tree Mall.

An hour after it began, a half dozen golfers had already teed off on the nine-hole course. But they weren't to be the last to sign up. Before it was over at 8 p.m., 13 had competed.

Among them was Rev. W. Franklin Lahr, 78, a retired minister from Ohio now living in the Westminster Village Kentuckiana apartments adjacent to the golf course.

President's Council on Physical Fitness encourages senior citizens to exercise. Story, Page 7.

"So far I'm the oldest one to sign up," Lahr noted as he signed the register.

Although the chilly weather apparently kept other competitors away that day, Lahr was not discouraged by a little rain. Because his apartment is in close proximity to the golf course, he plays regularly — even in the snow.

Although he's been playing golf for about 20 years, he's played more since he moved from Ohio to Clarksville three years ago.

"I'm living in an apartment for the first time in my life," he said, adding that apartment living gives little opportunity for exercise.

"Physically you feel a lot better to come out. If nothing else, if the weather is bad, I'll wait [until it improves]. It's good exercise."

Lahr felt even better later when he won a silver medal for second place in the 76 to 79-year-old category in the tournament. Ray Metz of Jeffersonville came in first in that category.

Other gold medal winners in the golf tournament were Harold Wibbels of Clarksville, 60 to 65-year old category; Snook LaDuke of New Albany, 65 to 69-year-old; and Shelby DeWees of Clarksville, 70 to 75-year-old.

The fishing rodeo, the first event on Saturday morning, also drew a fair crowd. Eighteen — five of them women — showed up with rods and reels at Kopp's Lake in Clarksville between the 8 a.m. starting time and noon deadline.

The object of the rodeo was to catch the biggest fish and the most during the four hours allotted.

Linda Wood, activities director the the senior citizen's council, was overseer for the event.

At high noon, she walked to her blue pickup truck and blew the horn loudly as a signal for the competitors to come in with their catches.

"You're scaring the fish away!" one fisherman protested in jest.

As they began to straggle in from their chosen spots on the lake, it was evident most would have "fish

See **SENIOR**
Page 2, col. 1

Senior Olympics shows age is no deterrent to active life

Continued from Page One

tales" rather than "tails" to recount that day.

It was also evident that Albert Schumate of Clarksville was the winner in both the largest and most fish categories as he proudly displayed his hefty flathead and channel catfish. Both were over a foot long.

"I caught these 30 minutes after I got here," Schumate said. He began fishing at 8 a.m. "I haven't caught anything since."

When Katherine Maier of New Albany walked up to the group, it was apparent she won second place. Although her only catch was a 5-inch sunfish, she was the only other angler to reel in a catch that morning.

"At least I caught one," she said.

"You got second place," a friend informed her.

"I do? Really?" she asked.

"One's more than zero," Mrs. Wood noted.

Mrs. Wood distributed the certificates to all the participants and placed a gold medal around Schumate's neck. It was his second for the Olympics. He won his first during the bowling competition Friday.

Although he doesn't fish regularly, Schumate tries to stay physically active. He golfs regularly and enjoys bowling.

Referring to the Senior Olympics, he said, "I think it's very nice. I think it's a nice thing they're doing."

A banquet for the Olympics participants was held Saturday night at the Beechwood Community building in New Albany and it was announced that Maurice Spainhour of Clarksville was men's overall winner and Gladys Blankenbeker of Jeffersonville was women's overall winner. Both had accumulated the most points for participating and placing high in more than one Olympic event.

Will there be a 2nd annual Senior Olympics next year?

"Yes," Mrs. Warner said. "We had 170 participants. I'm thrilled to death with that and I'd like to double it next year. We will. All the people were so enthusiastic with it."

THE INDIANA WEEKLY, WEDNESDAY, SEPTEMBER 23, 1981

Two New Albany men to receive state honors next month for their work with the handicapped

By GEORGIA MACDONALD
Indiana Weekly Editor

Norton Brown of New Albany has attended the Governor's Conference for the Handicapped in Indianapolis for 14 years.

Each year he watched as others were honored for their work with the handicapped.

But on Oct. 16 Brown will have his day in the sun. He and Frank Mardis, also of New Albany, will be among four Hoosiers who will be recognized at next month's conference for their work with the handicapped.

Last week Brown was named recipient of the Handicapped Hoosier of the Year Award by the Indiana State Commission for the Handicapped. At the same time, Mardis was notified he was chosen Distinguished Service Award winner.

Rosemarie Palermo of Gary will receive the Meritorious Service Award for her volunteer work with the handicapped. The Employer of the Year Award will go to the Naval Avionics Center in Indianapolis. The center makes naval airplane parts and employs 2,200 persons, 230 of whom are handicapped.

Brown, 59, was injured in a hunting accident about 23 years ago, which left him paralyzed from the waist down. At the time he had been in the Navy for 16 years. He retired after the accident.

Later he attended Indiana University Southeast and the University of Illinois, where he received a master's degree in 1972. He became a certified rehabilitation counselor and was executive director of the New Albany Goodwill for five years before his retirement in 1978.

He is active in local handicapped groups and is a board member of Silvercrest (a diagnostic center for multiply handicapped children in New Albany), the Indiana Rehabilitation Services, Alpha Action League for physically handicapped adults in Louisville and the Indiana and Kentucky Chapter of the Paralyzed Veterans of America. He also is an advocate of legislation for the handicapped in Indiana and Kentucky.

In 1977 Brown was appointed as a delegate from Indiana to a White House conference on the handicapped. The conference, he said, was to make everyone aware of the problems the handicapped face in each state.

"Southern Indiana, like all of Indiana, has not really been aware of the needs for education, employment, housing and such things as curb cuts in cities so a wheelchair person can be ambulatory downtown," Brown said. But things are changing, he added.

"The new building codes, which I worked on for years and years, are finally being implemented," he said. "Now new buildings are being made with accessibility [for the handicapped]."

When new buildings are constructed, Brown verifies that they meet with state codes governing accessibility for the handicapped.

As state winner, Brown will be nominated for a national award to be made by the President's Commission on the Handicapped, according to Maxine Sherlock, program coordinator for the State Board of Health's division for handicapped. The national winner will be named next May.

Mardis, 74, became involved with the handicapped three years ago when he began working as barrier-free coordinator for the South Central Council on Aging and Aged.

He later was instrumental in the passage of city ordinances in New Albany and Jeffersonville that regulated handicapped parking and obtained curb cuts for easier wheelchair mobility.

About one year ago, he helped form the South Central Association of Handicapped Persons, a group that works to improve public awareness of the needs of handicapped persons, including improved accessibility to public buildings.

"The handicapped are organized nationally," Mardis said, "but we had no group locally."

Although he felt he was making some inroads working alone, he added, "I thought a group would have more clout."

He's pleased with the progress New Albany and Jeffersonville have made in making parking lots and public buildings accessible to the handicapped.

"I think they're doing it everywhere," he noted. "At the [Green Tree] mall they have [regulated] parking and [wheelchair] ramps."

Both men were nominated for the state awards by a committee of representatives from the South Central Indiana Association for the Handicapped and the 1981 Mayor's Committee in New Albany, according to LeeAnn Walls.

As coordinator of services for handicapped persons at IUS, she has been directly involved with both groups.

The groups, she said, meet monthly to involve churches, businesses and organizations in the community in promoting the concerns of the handicapped.

The groups received nomination information from the state in June.

"What we decided was that we had nominees for the distinguished service and handicapped person of the year awards," she added.

Reading from information distributed by the state commission, Mrs. Walls said the purpose of the Handicapped Hoosier of Year award is to create awareness and understanding of handicapped persons and their endeavors.

Those who are eligible to receive the award are handicapped residents of Indiana "who inspire and encourage others," she said.

"When we had to nominate that person, we had to learn about how they became disabled, what ways they became rehabilitated, what their professions are, if they had to retrain to become productive persons, what example they have set to others in the community," she added. "We had to comment on all that. It was extensive. I wasn't surprised he [Brown] won."

The purpose of the Distinguished Service Award, she said, is to recognize "a professional person who has made outstanding contributions to handicapped persons through his professional responsibilities."

Senior Olympics winners named

The South Central Indiana Council for the Aging and the Aged recently announced the winners of the first annual Senior Olympics held last weekend.

According to Carla Warner, coordinator of the Olympics, the council is satisfied that the goals for this year were met. The council was pleased by the participation in the events. One hundred and seventy men and women over the age of 55 competed in the olympics.

"We hoped to provide an event for older adults which would given them an opportunity to compete in a variety of athletic and creative activities," said Warner.

Two overall winners were selected for their participation and achievement in a variety of events. Maurice Spainhour, Clarksville, was selected as the overall men's winner and Gladys Blankenbaker, Jeffersonville, was the overall women's winner.

The other winners follow:

Winners of the Dance Contest were Ann Attrudge, Clarksville; Roe Whelan, New Albany; Mildred Shaffer, Clarksville; Ann McCloud, New Albany; Rosalie Russ, Jeffersonville; Gladys Blankenbaker, Jeffersonville; Roe and C. A. Whelan, New Albany.

Winners of the Golf Event were: Harold Wibbels of Jeffersonville, George Taylor, Frank Muller, Snook LaDuke of New Albany, F. M. Thompson of New Albany, Joe Bosco of New Albany, Shelly DeWeese of Clarksville, Ray Metz of Jeffersonville and Frank Lahr, Clarksville.

Winners of the table tennis were: Eugene Bricher of Clarksville, and Maurice Spainhour of Jeffersonville.

Winners of the fishing event were: Allert Shumate of Jeffersonville and Katherine Maier of New Albany.

Winners of the track and field events were: C. A. Whelen of New Albany, Elmo Inzer of Jeffersonville, and Maurice Spainhour of Jeffersonville.

Winners of the hobby show were: Charles Day of Clarksville; Dorothy Phillips of Clarksville; Gerald Lewis of New Albany; Ruth Potter of New Albany, Irene Lahr, Clarksville, Wresse Hurst of Clarksville; and the Westminster Village Round Dancers.

Winners of the board games events were: Raymond Metz of Jeffersonville, Roy Hall of New Albany, Charles Knott, of Jefferonville, Paul Shields of New Albany, Margaret Sechrer of New Albany, Gladys Blankenbaker of Jeffersonville, Erma Metz of New Albany, Harold Ems of New Albany, and Della Weis of Corydon.

Winners of the pancake race were: Rosalie Surber of Scott County, Hazel Walker of Scott County, and Ruth Robison of New Albany.

Winners of the basketball event were: Stan White of Clarksville and Maurice Spainhour of Jeffersonville.

Winners of the bowling event were: Fannie Mazey of New Albany, Irene Potter of New Albany, Virginia Slusser, Al Shumate of Jeffersonville, George Gallman, and Shelly DeWees of Clarksville.

Winners of the horseshow event were: Maurice Spainhour of Jeffersonville, Chester Norton of New Albany, Margaret Jones of New Albany, Margaret Schmelz of New Albany, Mildred Sanders of New Albany, Allen Harritt of Edwardsville, Dorothy Phillips of Clarksville, L. Routh of New Albany, Zelma Snow of Scott County, Lon Chism of Clarksville Ruth Robinson, New Albany, and Loretta Lewis, New Albany.

FOR DIRECTORY — Carrie Dabney, right, president of the New Albany Pilot Club has presented a check to Thelma Bertrand, Pilot Member, to be used to develop a recourse directory for disabled persons. The Pilot Club is working with Mayor Robert Real on the Year of the Disabled Person. The check for $250 is a Foundation grant from the Pilot Club International Foundation.

(Tribune Photo)

Ledger-Tribune, New Albany, In., Sun., Oct. 18, 1981

Win Awards

New Albanians swept two of the three individuals awards given during the 20th annual Governor's Conference for the handicapped Friday at Indianapolis.

Norton H. Brown, 1014 Sherwood Drive, a 59-year-old father of two, was named "Handicapped Hoosier of the Year."

Frank Mardis, 313 Winfield Drive, a retired schoolteacher, was honored as the professional person who rendered the most outstanding service to the handicapped during the past year.

Brown, who has been paralyzed in the lower half of his body since a hunting accident in 1956, was chosen from more than 200 persons eligible for the honor.

Undeterred by his disability, Brown later graduated from Indiana University, designed his home so that it would be accessible for the handicapped and now travels as a lobbyist for the disabled.

Mardis, who was chosen from 160 persons for the honor, has worked part-time for the South Central Indiana Council for the Aged and Aging from the past two years.

The Tribune, New Albany, Ind., Tues., Oct. 20, 1981

AWARD WINNERS — Frank Mardis, left, and Norton Brown display awards received at the 20th annual Governor's Conference for the Handicapped at Indianapolis. Brown was named "Handicapped Hoosier of the Year" and Mardis was honored as the professional person who rendered the most outstanding service to the handicapped during the past year.

(Tribune Photo By Don Beck)

30

1981
Senior Queen

Leslie Denney
1981 Sr. Queen

1981 Senior Queen

THE BANNER-GAZETTE, Wedn sday, October 21, 1981

Cuts mean belt tightening for Council for the Aging

Some elderly people face a ough winter this year. The verall funding for the South entral Indiana Council for the ging and Aged will be re- uced 20.5 percent in 1982.

(The council operates assistance programs for needy elderly people in Clark, Harrison, Floyd, and Scott Counties.)

According to Pat Jewell, fiscal officer for the council, the reduction is caused by recent cuts in the 1982 federal budget and no forthcoming funds from the Southern Indiana Mental Health and Guidance Center. The Guidance Center won't be able to give because its own funding has been cut.

A further cut of 12 percent is expected in the Title XX programs which provide home repairs and day activities for the needy elderly.

Despite the cuts Thelma Bertrand, executive director for the council, hopes that programs will operate at a "fairly normal level."

Bertrand and Jewell still expect 1982 to be a good year if the council is frugal with its *spending. They explained that* the council would give priority to those who are most in need and provide only the essentials of life.

Although the council plans to maintain nutrition programs at their current level, home repairs, except those necessary to life, will be eliminated.

"We will have to tighten our belts...and run it as efficiently as possible. It's going to be a general tightening of the belt in all our programs," said Jewell. She hopes the council will receive more assistance if the economy improves.

"We are all going to try to work together, regardless of what the budget is," said Mary Morey, president of the advisory council.

The council also has some good news. United Way will *increase its donation to the* Retired Senior Volunteer Program from $2,000 to $3,000 in 1982. Bertrand applied for a small grant from the Pilot International Club to develop a resource directory, so the elderly will know what services are available.

The council also plans to open two new community focal points for service delivery to the elderly in Scott and Harrison Counties.

Wednesday, October 28, 1981, THE CORYDON DEMOCRAT, Corydon, Ind.

Senior citizens noon meals now being served at Hillview Apt. Center

The Hillview Senior Citizens Center west of Corydon is now serving lunch to all senior citizens Monday through Friday at 12 noon. The menu will be the same as served at the Senior Citizens Center in Corydon and St. Bernard's Catholic Church, Frenchtown. For reservations call by 1 p.m. the day before planning to attend. Call Nancy Stevens at 738-8968.

Activities also include games every Monday and Bible study every Tuesday.

Blood pressure checks will be given every third Wednesday of the month.

Today (Wednesday) Mildred Craig of Corydon, a Mary Kay beauty consultant, will give a demonstration on skin care.

THE BANNER-GAZETTE, Wednesday, October 28, 1981

Council for the Aging holds annual meeting

The South Central Indiana Council for the Aging & Aged, Inc., Area 14 Agency, held its annual hearing of the 1982 goals, objectives, and budgets on Thursday, Oct. 15, 1981, at Clark Arms, Jeffersonville. Bob Maze represented the Indiana State Commission on Aging.

The 1982 goals, objectives, and budgets were presented by Thelma Bertrand, executive director; Angela Cook, nutrition director; and Pat Jewell, fiscal officer.

Approximately 175 people from Clark, Floyd, Harrison, and Scott Counties attended. Representatives from the Area 14 Board of Directors, Area 14 Advisory Council, RSVP Advisory Council, Area 14 Staff and Nutrition Meal Site Managers were present.

Special guests included Frank Mardis, barrier free consultant who was honored on the state level as rendering the most outstanding service to the handicapped during the past year; Ed Day, Area 14's Older Hoosier of the Year; Margaret Rose Leap, Area 14's 1981 Senior Queen; Dorothy Alexander, White House Conference Delegate; William Shrewsberry, Jeffersonville City Councilman.

For information on the council's programs, call 948-9161.

THE BANNER-GAZETTE, Wednesday, November 4, 1981

Council for Handicapped honors Floyd Countians

Two New Albany men were honored by the South Central Council for the Handicapped on Oct. 28, for awards they received during the 20th Annual Governor's Conference for the Handicapped held in Indianapolis on Oct. 18.

Norton Brown, 1014 Sherwood Drive, was named the Outstanding Handicapped Hoosier of the Year. Brown will compete in the National Handicapped Person of the Year competition later.

Frank Mardis, 313 Winfield Drive, received the Distinguished Service Award from the State Commission for the Handicapped and the State Board of Health for his "outstanding achievement for services to the Handicapped."

"We're trying to make things better for the handicapped by doing things for the handicapped," said Mardis.

The meeting also heard Thelma Bertrand, executive director for the South Central Indiana Council for the Aging and the Aged, announce that the Pilot Club will honor the disabled on Nov. 24.

The Tribune, New Albany, Ind., Wed., Nov. 4, 1981

Health Workshop For Seniors Is Nov. 17

The Health Services Department of the South Central Indiana Council for the Aging and Aged, Inc. will be sponsoring a Health Workshop for the senior citizens of Floyd and Harrison Counties on Tuesday, Nov. 17 at Riverview Towers.

Persons desiring to eat lunch on that day must sign-up 24 hours in advance by calling 948-8873 and asking for Dorothy Murray. For further information contact Carla Warner, Health Services Director at 948-8330.

The Workshop is free. Persons 59 and under must pay $2.50 for lunch if they choose to eat at the site. Persons 60 and above may make a donation for the lunch according to their ability.

The schedule of events for the day includes:

8 to 9 a.m.—Registration.

9 to 9:45—Dr. Donald Gambrall, "Oral health as people grow older."

9:45 to 10—Break.

10 to 11—Aerobics demonstration bt Dr. Sandra Greer.

11 to 12 noon—Lunch (Luncheon address by Maurice Enwright.)

12 to 12:45—Dr. Janet R. Maclean, Ph.D., Indiana University, "Time on your hands, but you're sitting on your seat," a look at leisure options for persons 60 years and older.

12:45 to 1 p.m.—Break.

1 to 2:30—Dr. Janet R. Maclean continues.

Sites included in the workshop are Austin, Corydon Meal Site, Hillview, Frenchtown, Fifth Street Center, Parkview Towers, Beechwood Community Center and Riverview Towers.

Transportation will be provided on a limited basis only. A sign-up sheet will be distributed with seats available on a first come, first serve basis.

THE SENTINEL, Wednesday, November 4, 1981

Council plans nutrition seminar

The South Central Indiana Council for the Aging and Aged, Inc., is sponsoring its first annual nutrition training seminar for advisory and board members, site managers and nutrition employees, and volunteers for the council.

The seminar will be held on Saturday, Nov. 7, 8:30 a.m.-4 p.m. at Indiana University Southeast. Special recognition will be given to the volunteers. Workshops and the luncheon will be compliments of the nutrition department.

The Tribune, New Albany, Ind., Mon., Oct. 26, 1981

Council's Annual Hearing

The South Central Indiana Council for the Aging & Aged, Inc., Area 14 Agency, held its annual hearing of the 1982 goals, objectives, and budgets on Thursday, Oct. 15, at Clark Arms, Jeffersonville. Bob Maze represented the Indiana State Commission on Aging. The 1982 goals, objectives, and budgets were presented by Thelma Bertrand, Executive Director; Angela Cook, Nutrition Director; and Pat Jewell, Fiscal Officer.

Approximately 175 people from Clark, Floyd, Harrison and Scott Counties attended. Representives fro the Area 14 Board of Directors, Area 14 Advisory Council, RSVP Advisory Council, Area 14 Staff and Nutrition Meal Site Managers were present. Special guests included Frank Mardis Barrier Free Consultant who was honored on the state level as rendering the most outstanding service to the handicapped during the past year; Ed Day, Area 14's Older Hoosier of the Year; Margaret Rose Leap, Area 14's 1981 Senior Queen; Dorothy Alexander, White House Conference Delegate and William Shrewsbury, Jeffersonville City Councilman.

For information on the council's programs, call 948-9161.

THE INDIANA WEEKLY, WEDNESDAY, NOVEMBER 4, 1981

Emergency services set for snow

By BARRETT SHAW
Indiana Weekly Staff Writer

It's the time of year when people are checking on wooly caterpillars and other prognosticators to see what kind of weather winter will bring.

The last two years we've gotten off fairly easily, but memories of the three bitter winters before that are still vivid.

With sensible preparation most people can cope with even the nastiest conditions that this far-from-arctic latitude can provide. But emergencies can bring the unexpected. And people who may be challenged even by normal conditions — the elderly, the handicapped, the housebound, people with financial or health problems — may find themselves in serious trouble in case of severe cold or snow.

In this issue, The Indiana Weekly presents several suggestions for making like the industrious ant instead of the careless, good-timing grasshopper and preparing your house, car and wardrobe for the cold to come.

But first comes information on emergency procedures and services available from area agencies in case of winter's worst.

In the event of a storm like the one in January of 1978, Civil Defense would coordinate actions of other departments, including police, fire and street departments and the National Guard, and work with agencies such as the Red Cross and Salvation Army to provide emergency assistance.

According to Floyd County Civil Defense Director William Wright, "We will take care of any life emergency situation." He gave examples of someone needing heart medicine or about to have a baby and unable to get transportation.

For such drastic situations, the number to call is 944-6411. A number to call for more routine problems would be broadcast at the time of an emergency, Wright said.

In Clark County, Civil Defense and the Red Cross would be working in an emergency out of the Civil Defense office in the City-County Building, so the number to call is 283-4451. It would also work closely with the county sheriff's office.

If power failures or extremes of cold bring about the need for emergency housing, the Red Cross would man shelters set up in designated schools or other public buildings.

The Salvation Army, according to Lt. Irv Poucher, "would normally work

See **LOCAL EMERGENCY**
Page 2, col. 1

Keep these numbers near the telephone

Here are numbers to have on hand in case of winter emergencies:

Civil Defense
Clark County: 283-4451
Floyd County: 944-6411 (extreme emergency only; another number will be broadcast in emergency situations)

Salvation Army: 944-1018

South Central Council for the Aging and Aged
Information and Referral
Clark and Floyd Counties: 948-0147
Harrison County: 738-3065
Scott County: 752-4134

State Police Road and Weather Information: 283-5660

Local emergency services prepared to lend a hand

Continued from Page One

with law enforcement agencies." Through its emergency pantry and charge accounts with supermarkets, it can provide food and also clothing. In bad snow, it would depend on police and emergency vehicles to get material to those who need it.

The South Central Indiana Council for the Aging and Aged in New Albany has just drawn up a disaster manual coordinating procedures for all sorts of emergencies, including bad winter weather, and is waiting for state approval of the program.

"What we will do in an emergency is merely an extension of our normal services," said Nancy Shiner, who designed the manual.

For instance, council officials are prepared to increase the count at any of the nutrition sites where daily meals are served for the elderly, and if the weather makes getting out difficult they will instead increase home delivery of meals.

If snow makes operation of their usual vehicles unsafe, either for delivering meals or for providing necessary transportation — for instance, for a doctor's appointment or to deliver medicine — they call on individual citizens with four-wheel-drive vehicles to help out.

"It's only in a time of emergency that you find out how much people are willing to give," she remarked.

The council also serves as a clearinghouse for information through its regular information and referral service. When people have problems and do not know where to go, they can call the referral number to find out what agency can help. She pointed out that this service is available at all times, not just in emergencies.

In another council program, volunteers, many of them senior citizens, can perform minor home repairs or cleanup, either after an emergency or just in normal circumstances. "We can do some weatherization through our regular handy person program," she added.

Funding has been cut for the weatherization program that was administered by the county Community Action agencies, so that assistance in tightening up houses to be warmer with lower energy costs is no longer available.

But help with utility bills can be obtained by limited-income people under the federal Project Safe program. According to Kent McCarty, assistant energy director for Clark County Community Action, funding has been reduced this year, but the amount available "will offset the increase in utility costs."

The assistance is available for a three-month period starting Jan. 4. Automatically eligible for the assistance are the handicapped, elderly and those receiving Aid to Families with Dependent Children.

Eligibility of others with low incomes is determined according to income guides. The maximum aid for an average participant is $123, and for elderly or distressed, $147. Of this amount, $12 a month for three months is given as credit on the electricity bill, and the balance is applied to heating bills.

Community Action also expects funding by late November or early December for an Emergency Safe Program, where a household in severe financial trouble can get up to $100, or $125 if elderly, to help with utility bills. In certain circumstances, it can be used to purchase bulk fuel, and up to $50 of it can be used for food, clothing or shelter.

Those who were in Project Safe last year or who are in other state assistance programs will get notification of this year's program in the mail and can apply by letter. Others can apply at Community Action offices in their counties.

The utility companies also are willing to help make it easier for people to cope with high winter bills. Both Public Service Indiana and Indiana Gas offer the possibility of a hardship agreement whereby those who have gotten behind in their payments can pay their bills gradually.

"It gives them an opportunity to catch up on the bills they have without any [financial] penalty," said Indiana Gas credit manager Charles Weber. At Indiana Gas, one must make a down payment and then make weekly payments over a 12-week period.

Mike Daugherty, community services supervisor for PSI, said its hardship agreement is negotiated individually in cases where people have gotten three months behind in payments and covers the arrears only.

Both companies also offer year-round budgeted payment plans where bills are equalized so no month is a particular strain. "A lot of people don't realize how much it would help them," Weber said, "particularly those who need it most."

"This is the best time of year to get on it," Daugherty said, to avoid peak bills in January and February.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Health Workshop For Senior Citizens Planned In Clarksville

Health Services De- ent of the South Central na Council for the Aging ged, Inc. will sponsor a workshop for senior ns of Clark and Scott ies, November 18 at ntree Village Apartnts, Clarksville.

egistration will be from 8 .m. to 9 p.m. The workshop will begin at 9 a.m. with Marcia Steinhauer, Ph.D associate professor, Institute of Community Development, University of Louisville, speaking on "Housing: Look Before You Leave." Dr. Sandra Greer will speak on aerobics for senior citizens, 10.15 a.m. to 11 a.m. and Donna Greenhill will speak on "Emotional Problems of the Elderly," 11 a.m. to 11:45 a.m.

Lunch will be served from 11:45 a.m. to 1 p.m. Reservations for lunch must be made 24 hours in advance.

Dr. John of the John Eye Clinic will show slides of his trip to Russia and discuss new eye surgery techniques from 1 p.m. to 2:30 p.m., followed by closing statements.

The Tribune, New Albany, Ind., Tues., Nov. 10, 1981

HONOR VOLUNTEERS — The South Central Indiana Council For The Aging and Aged, Inc. nutrition program sponsored a seminar at IUS last Saturday. During the event they honored 44 site managers, outstanding volunteers, site aides, drivers and Green Thumb aides. This group includes from left, site aides Mabel Johnson and Rosalie Surber; drivers Mary Grimes, Larena Rippy and Virginia Drake and Green Thumb aides, Cora Wilson, Gertrude Richardson and Eva Ross.

(Tribune Photo By Jack Davis)

The Tribune, New Albany, Ind., Tues., Nov. 17, 1981

SENIOR SWINGERS — A special day-long Health Service Workshop was held for senior citizens at the Riverview Towers. Among the many programs offered was "aerobics for senior citizens" demonstrated by Sandra Greer, a teacher at the University of Louisville. Ms. Greer is shown going over some of the aerobic dancing exercises with this group of senior citizens. (Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Thurs., Dec. 3, 1981

New Albanian Gives Inside View On Aging Conference

By M. E. CROWLEY
Tribune Washington Bureau

WASHINGTON — Transportation is the key to keeping older Americans active in community life, according to New Albany's delegate to the White House Conference on Aging.

Mrs. Dorothy Alexander, 73, told The Tribune Washington Bureau that no issue "Strikes more closely at the heart" of the troubles seniors suffer.

"If they can't get out, they can't buy the groceries they want or see their friends," she said. "Transportation" means opportunity for the elderly."

Mrs. Alexander, who is the assistant meal site director at Riverview Towers, is one of nearly 3,000 delegates and observers attending the Third Deccenial Aging Conference here this week.

Appointed by Gov. Robert Orr, Mrs. Alexander was assigned to the Committee on Continued Community Participation For The Elderly where Transportation has been the major issue.

"Everything we have wanted to accomplish at this conference on our committee always comes back to the same issue -- How do we get seniors there?" she said.

Among resolutions the committee has passed are two aimed at encouraging communities to provide more transportation for the elderly.

The resolutions, recommended for action by Congress, suggests volunteer drivers for the elderly be provided with special insurance to cover them and their passengers under some national program and that the government subsidize bus fares for the elderly.

Mrs. Alexander said the transportation issue is more than a question of need for the elderly. "Think of all the emotional discomfort they suffer when they can't get out to see their families and friends," she pointed out.

The White House Conference, held every ten years, began Sunday and concludes today. When it was first held in 1961, The Conference laid the groundwork for Medicaid and Medicare. Ten years ago, the gathering led the push for an older retirement age.

This conference is much concerned about the ailing Social Security System, lifeline of the nation's elderly.

In a major address Tuesday, the President promised not to raise taxes to fund the program but also, not to "betray those entitled to" benefits.

Mrs. Alexander said the message was inspiring and she is confident the President will find a way to keep the program solvent.

The New Albany woman is one of 2,200 delegates and 1,400 observers at the Government sponsored conference. Her air fare and stay in Washington, estimated to cost an average $1,000 per delegate, is being paid by the government.

THE BANNER-GAZETTE, Wednesday, December 2, 1981

Serving the Aged

A review of services offered by the South Central Council for the Aged and Aging, Inc.

SENIOR CITIZEN VAN

The transportation program offered by the Council for Older Americans is but one of five programs designed to aid senior citizens in Clark, Floyd, Harrison, and Scott Counties.

(Editor's Note: Following is the first of a series of articles from the South Central Council for the Aging & Aged, Inc. The articles will outline the services offered by the Council.)

The Council for Older Americans, Inc., serves people 60 years of age and older and residing in Clark, Floyd, Harrison, and Scott Counties by providing five separate programs: Transportation, Activity Centers, *Home Maintenance*, Home Services, and Barrier Free. The director of this council is Ms. Bobbie Napier.

The transportation program consists of eight vans and three station wagons. Senior citizens are transported to essential services, such as medical appointments, grocery shopping, bill paying, and to and from nutrition meal sites. One of the vans is equipped with a wheelchair lift to serve the handicapped senior citizens. Two of the station wagons are allowed to transport Clark and Floyd County residents into Louisville for medical purposes only. On an average the transportation program will make approximately 4,169 trips during a month of service.

A person must call 24 hours in advance to make an appointment for transportation. The number to call in Clark and Floyd Counties is 948-9701. One van is located in Scott County and the number to call there is 752-4131. One van is located in Harrison County and the number to call there is 738-3065.

The Activity Centers are used to promote social, recreational, educational, and spiritual well-being of senior citizens. Many exciting and beneficial activities are scheduled each month--ceramics, sewing, handicrafts, spiritual awareness, bingo, cards, exercises, mental health talks, and blood pressure screenings. The centers are located at 317 Fifth Street, New Albany, 948-9701; Clark Arms, Jeffersonville, 283-8800; 625 High Street, Charlestown, 256-3941; 123 Mulberry Street, Corydon, 738-3065; 183 S. 2nd Street, Scottsburg, 752-4134.

The Home Maintenance program is designed to help senior citizens who are not able to make the necessary minor repairs needed at their homes. The number to call to inquire about this program is 948-0147.

The Home Services program is to help senior citizens who are not able to do their housework because of an illness or injury. Both this program and the Home Maintenance program are designed to keep the older person in his own home longer. The number to call about the Home Services program is 948-9423.

The Barrier Free program is used on a consulting basis to assist individuals or businesses who have not complied with such things as curb cuts, in order that the handicapped will have an easier time maneuvering around the town or home. Frank Mardis, the Barrier Free Consultant, recently received the distinguished service award for his work with the handicapped.

The Council for Older Americans, Inc., invites senior citizens to use its many programs. It is a subgrantee of the South Central Indiana Council for the Aging & Aged, Inc., and is located at 134 E. Main Street in New Albany.

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THE COURIER-JOURNAL, THURSDAY, DECEMBER 3, 1981

Delegates to conference on aging divide on controversy over voting

By MIKE KING
Courier-Journal Staff Writer

WASHINGTON — Jane Greenebaum of Louisville clearly was upset.

"It has been silly, really. They've done some things that have really antagonized the majority of delegates. I'm not sure that was their intention, but it's clear that politically, they've gotten the worst kind of advice."

But Jan MacLean of Bloomington, Ind., couldn't understand what all the fuss was about.

"I think we have moved in an orderly, democratic way, and it shows to me what excellent work has been done to prepare for this conference."

Mrs. Greenebaum is 70; Mrs. MacLean is 64. Both are delegates to the White House Conference on Aging, which opened Monday and ends today.

They say they came to Washington this week to be part of a convention that is supposed to offer the government guidance on dealing with the myriad of social, economic and political problems facing the nation's growing population of older people.

But there is anything but unanimity among the nearly 2,300 delegates, as evidenced by the views of Mrs. Greenebaum and Mrs. MacLean.

For better or worse, the 1981 session of the conference, which is held every 10 years, has turned into a struggle over the programs and proposals of Ronald Reagan's White House. And the loyalties are generally divided along party lines.

The vast majority of Kentucky's 37 delegates and observers to the conference have been upset by what

See DELEGATES
PAGE 2, col. 1, this section

Delegates to conference on aging are divided over voting procedure

Continued from Page B 1

they consider strong-arm tactics the administration has used to keep the conference in line.

They say the organizers' steadfast resistance to letting delegates cast separate votes on the 14 topics the conference is studying is a clear indication that the Reagan administration wants to stifle criticism.

But the feeling among most of the 60 delegates and observers from Indiana is quite the opposite.

Many of the Hoosier delegates say the committees studying the issues have had free and open discussions, including some criticism of Reagan, but they think it would be unworkable to have the convention vote separately on the topics under study.

Not surprisingly, all but a handful of the Kentucky delegates were appointed by Democrats. Gov. John Y. Brown Jr., Sens. Walter "Dee" Huddleston and Wendell Ford, and the seven Kentucky members of the House, five of whom are Democrats, selected them.

Most of the Hoosiers were appointed by Republicans. Gov. Robert D. Orr, Sens. Richard Lugar and Dan Quayle, and the 11 Indiana members of the House, five of whom are Republicans, selected the Indiana delegates.

said. "It's ridiculous to believe the organizers of this conference intentionally planned to antagonize the delegates."

Despite the logistical problems and organizational infighting, most delegates still believe some good will come out of the convention.

"I think there will be some major accomplishments. If nothing else we'll let people know that there are serious problems facing the elderly now that will have to be dealt with," said Irving Lipetz of Louisville.

Lipetz, 68, is president of the 7,000-member Kentucky Association of Older Persons and a retired manager of the Social Security Administration.

"I don't buy this business about Social Security going broke and drastic changes needed," he said. "Yes, there need to be a few changes, but only after a lot more study and not at the expense of those people who depend on it now."

An Indiana delegate, Sister Brendan Harvey of the Sisters of Providence of Terre Haute, said perhaps the best result of the conference will be the sharing of ideas.

Sister Brendan is on a committee that is emphasizing proposals to provide tax breaks for families who choose to keep elderly members at home rather than sending them to nursing homes.

"There are lots of alternatives to nursing homes," said Sister Brendan, who runs a home for the elderly in Terre Haute. "We've heard a number of wonderful ideas here, and I hope that a lot of people go home to put them into practice."

Associated Press

Sen. Richard Lugar talked with Jean Merritt Tuesday evening during the White House Conference on Aging in Washington.

Symposium adopts positions on problem of exploited children

Continued from Page B 1

Kohm, whose daughter, Kathy, 11, was found dead three months after she left her Santa Claus, Ind., home on April 5.

Those at the symposium also approved a resolution to create a National Coalition on Exploited and Victimized Children to attract public attention and lobby on Capitol Hill for children's rights.

"The nation needs to discover that it has a problem, and it needs to deal with it in an atypical way," said Ernest Allen, symposium chairman and a member of the Louisville and Jefferson County Criminal Justice Commission.

Other resolutions call for:

✓ A national law-enforcement network to exchange information about child abusers and sex offenders.

✓ Continued financing of social services under the Runaway Youth Act.

✓ Efforts to encourage judges, law-enforcement agencies and the legal community to reduce the trauma for children involved with the judicial system.

✓ Changing crime-reporting forms so that the victim's age is always recorded. That is intended to make sure that crimes against children are not overlooked.

✓ Lobbying for tougher sentencing of people who harm children.

The Kentuckians have spent a lot of time bolstering those delegates who want the conference to vote separately on the issues before it, including Social Security reform, housing for the elderly and health care.

But the conference leaders have decided that the conference will hold one vote, scheduled for today, on the entire package after the various committees have voted and made their reports.

That action has rankled many delegates, some of whom threatened to walk out earlier this week.

"That's a major problem," Mrs. Greenebaum said. "We just don't have a forum before the whole conference to get a chance to speak about these issues.

"I've been to many conferences, larger than this, where everyone still got a chance to speak out before the whole conference. You can do it by limiting debate, not stifling it altogether."

The decision not to allow a general debate even upset some members of the Hoosier delegation.

Helen McCormick, 66, a delegate from Mount Vernon, said she didn't like the idea of voting only on one final report.

"One of the committees looks like its going to adopt a proposal for national health insurance, and I'm definitely against that," she said. "I'd hate to have to vote against the whole report because of one issue."

Some Kentucky delegates were still talking yesterday about some of the hassles endured during the first few days of the conference.

When they got to Washington Sunday night, the hotel where the conference is being held ran out of food for dinner because the management apparently was not expecting such a large crowd so early. Some delegates also never got drinks, the Kentuckians said, and those who did had to pay $1.50 for a cola and $2.50 for a glass of beer.

Ironically, when Health and Human Services Secretary Richard Schweiker addressed the conference Monday morning, he reiterated the administration's promises to make life better for the elderly, including concentrating on improving nutrition programs.

That brought a few chuckles from

THE INDIANA WEEKLY, WEDNESDAY, DECEMBER 2, 1981

A stretch in time

Exercise advocates believe elderly should shun sedentary life for a more active retirement

By GEORGIA MACDONALD
Indiana Weekly Editor

"I'm really worried this thing is going to backfire," Ann Davidson said during a recent visit to Riverview Towers, a senior citizens center in New Albany.

Her concern is that the elderly residents of such centers, which she considers "a marvelous thing for them to have," are tempted to become sedentary because they have little opportunity to exercise. The consequences of such inactivity, she fears, will be poor health and a shorter lifespan for many.

Mrs. Davidson, a hairdresser, teaches exercise classes in Corydon, New Salisbury and Lanesville. At Corydon, she recently started a weekly exercise class for the elderly at the Hillview Apartments.

She was in New Albany to observe an aerobic dance demonstration by Sandra Greer of Louisville during a health service workshop sponsored by the South Central Indiana Council for the Aging and Aged.

She wanted to see if there was anything in the demonstration she could incorporate into her Wednesday class in Corydon.

"I have a theory that, basically, we're like infants all our lives," Mrs. Davidson said. "When we're babies crying in our cribs, we're given a bottle and we stop crying." This "reward" of food for doing good continues through our adult lives, she added.

"All the time we're rewarding ourselves. Then we get to 40 and start going downhill, but we keep rewarding ourselves. We say 'I worked hard and deserve to eat that piece of chocolate.' Being overweight is a reward we do for ourselves that is killing us. This is especially true with senior citizens. They say, 'I've worked hard all my life, and I probably won't live much longer, I deserve it.' "

"It" in the case of many elderly also includes a more sedentary lifestyle after retirement.

Most women now at the centers, she said, didn't have today's modern conveniences to do their housework. Many washed clothes on washboards, a task that takes considerable physical exertion.

But automation has eliminated much of the physical labor and that, coupled with the "reward" of high-caloric intake, can lead to weight problems, high blood pressure and resultant poor health.

Residents of the centers, she said, begin to gain weight after about a year because they "are so comfortable — everything is in the building."

"And," she added, "the more they gain, the less they want to do. The less they do, the more they gain."

Mrs. Davidson, 54, has been working in exercise for about eight years. She considered herself overweight most of her life, but said she woke up one morning and realized she was "tired of holding my breath and praying the zipper would hold" on clothing. She began then to watch her diet and to exercise and has since lost about 45 pounds.

Because she felt better as a result of this weight loss and physical activity she said she wanted others to share the feeling. As she gained experience in exercise, she began teaching others.

Although not all senior citizens can participate in her Corydon class because of health problems, many are capable of doing the exercises, she said. Because many have not used their muscles in a long time, they are introduced to the physical activities slowly.

"I had one lady in my class who, at 75, was doing what 20-year-olds could do," she noted. "It's not a matter of you become 75 and can only do finger lifts. It's what you can encourage your body to do."

She would like to see daily exercise programs introduced at senior citizens centers so the elderly would be encouraged to remain active.

The biggest hurdle that must be overcome is getting the elderly to discard the attitude that they "deserve" the sedentary life.

"There's nothing easy about any part of this, especially when you're retired," she said. "But life doesn't stop there. There's no need to cut off any part of your life. When you get to 75 — that's a beautiful age. You're so much smarter. It's experience that teaches."

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Sandra Greer, 47, of Louisville has studied dance for many years and she said she cannot accept the notion that people in their 60s and 70s can no longer be active physically.

"The best ballet teachers I had were in their 60s and 70s," she said.

Mrs. Greer started a program of aerobic exercise for senior citizens at the University of Louisville this fall.

"Aerobic dancing is an exercise form but the steps are borrowed from dance," she explained. "It is a form of exercise that is absolutely fun. The thing is you move around.

"I have always been in dance, mainly ballet and jazz. I switched over to jogging 10 years ago. I found about this [aerobic dancing] about three years ago. Exercise classes bored me. This seemed to be a very good thing."

Photos by Georgia MacDonald

Sandra Greer, above, demonstrated aerobic dancing for senior citizens during a recent health service workshop in New Albany.

Ann Davidson, below, observed the demonstration so she could incorporate some techniques in a class she teaches in Corydon.

Mrs. Greer became interested in specialized classes for senior citizens when she joined the U of L staff more than a year ago.

Her first aerobics class for the elderly was experimental "for me and for them," she noted. She hopes to offer another class next spring.

When the class first started, 17 participants worked out for only a half hour.

"At the beginning there were some women who couldn't make it standing up for a half hour," she said. Before the program ended eight weeks later, they were able to exercise for an hour.

"The comments were they felt better, more vigorous when they left," she said. "It's a good way for them to be active. For the most part most had done no exercise on a regular basis."

When the class ended, she encouraged them to continue exercising, to walk, swim or practice the dance steps at home. They were also encouraged to sign up for the regular aerobics class she teaches for credit under the continuing education program at U of L.

"When the class was over, I was appalled at how little there was for senior citizens in this area," she noted.

Aerobic dancing is offered at many places in the area, but, she noted, none are designed with the special needs of the elderly in mind.

Aerobics for senior citizens programs are offered on both the East and West coasts. In New England, she said, "it has been tested and specifically designed so they do not overtax themselves."

But, she said, she does not know of any similar programs in this area.

Aerobic dancing for senior citizens differs from similar programs for younger people.

"It goes a lot slower," Mrs. Greer said. "They don't do a lot of jumping around. Instead of doing a jump and kick we do a step and kick. We do very little turning. Everying is done facing the front so they can always see me. There are very little bends. They have a hard time touching the floor. The stretches are modified."

She firmly believes that the elderly should be encouraged to exercise and remain as active as possible.

"I just think that because senior citizens are over 65 it doesn't mean they have to stop doing things," she said. "When people slow down, its' a psychological thing to begin with and then it becomes physiological. They are not as vibrant as persons in their 50s, but they do very well."

She believes the ideal situation would be to include a regular exercise program in senior citizens centers.

"But," she added, "there are a lot of problems involved in it. One thing is there would have to be some way to pay a teacher. I, for one, couldn't do it for nothing. It would be ideal if senior citizens could teach senior citizens."

Mrs. Greer believes some elderly become sedentary because they have no alternative.

"They get very content with their knitting, card playing or sedentary

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Page 2, col. 1

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Elderly encouraged to exercise for fitness

Continued from Page One

activities because someone has told them or they think it's time to start. And I'm just convinced it doesn't have to be that way.

"I swim on a swimming team with someone who is 71 years old and she is No. 5 in the nation [in competitive swimming]. She started two years ago. She's had heart attacks and back problems. If you have a heart attack or lung problem you can work around that and keep in shape."

Mrs. Greer is an example of what she advocates. She has a heart problem for which she takes medication.

"I just never really stopped. If you have a bad heart you can keep your arms and legs and stomach in good shape. If you have bad lungs, you can build up the muscles around them.

"Beside the physical benefits, there's a psychological benefit where you can get your mind off of your problem for at least a half hour.

"When I tell these people they can do something, they don't believe it. They don't have to do it right, as long as they move around and have some fun doing it they're going to benefit from it."

Carolyn Toll, 65, is one retiree who benefited from exercise.

Because she had no outside interests or hobbies to fall back on when she retired, she sat at home all day watching soap operas.

Determined that that was not the way she wanted to spend her retirement, she joined Mrs. Greer's class.

"I needed to get out and get some exercise and get a little structure in my life," she said.

After eight weeks in the program, she's doing things now she couldn't do before.

"I have a lot more stamina and feel better," the Louisville resident said. "I used to go shopping for a couple hours and would quit because I was so tired."

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Some exercise programs, coordinated by the South Central Indiana Council on Aging and Aged, do exist at various senior citizens center in the area.

Linda Wood, activity director for the council, said the programs, which are federally funded, are held at meal sites, activities centers and some residences for the elderly. Exercise, offered two or three times a week, is just one of many activities offered.

"Our centers are day activities centers," Ms. Wood explained. "These people live independently and they come to the centers for crafts, educational programs and so on."

Although the council's programs are not specifically for the residents of the senior centers, they can and do participate.

"The exercise program is a very informal thing," she said. "We don't have the aerobic dancing. We may work on getting some of that in here if there's an interest."

She noted that those who do participate in the exercise programs do enjoy the activity.

"These people spend a lot of their time at home," she noted. "They don't do anything, so they come here [to a center] and they exercise. It gets the blood pumping.

"There's a big need for that at the residences — daily exercise, even if it's walking around the building in the winter. Some kind of exercise where people are not sitting around all day."

Carla Warner, director of health services for the council, said that organization is looking into the possibility of including regular exercise programs, such as aerobic dancing, at the senior citizens centers.

She invited Sandra Greer to demonstrate aerobic dancing at the two-day health workshops in New Albany and Clarksville to get the reaction of the elderly participants.

Although she said she felt the reaction probably was good, "there would be a problem with money" to pay instructors unless they conducted programs on a volunteer basis.

"It's something I want to look into," she said.

"Of course we do the Senior Olympics which would fall into promoting physical activities," she added.

The Senior Olympics, the first of its kind in Southern Indiana, was held last September and was designed to encourage people 55 and older to be more active.

Nearly 170 people participated in events such as table tennis, bowling, horse shoes, board and card games, track and field, a dance contest and hobby show.

Ledger-Tribune, New Albany, In., Sun., Dec. 13, 1981

Aged To Celebrate Holiday

Starting Dec. 9, the council for aging and aged nutrition sites will begin their Christmas activities. All meal sites will have Christmas bingos and parties.

The South Central Indiana Council for the Aging & Aged, Inc., invites everyone to join in on one of the festive occasions.

All activities are for any person 60 years of age or older. Participants must eat at the meal site the day of the activity. Reservations must be made 24 hours in advance by calling the nutrition meal site or the New Albany office at 948-8873. The Christmas parties are "Bring a Friend" incentive day.

Dec. 23 all homebound participants will receive a special handmade ornament made by RSVP participants, along with a special boxed lunch to be used on Christmas day when the meal sites will be closed. Christmas cards are also being sent to each homebound person.

The schedule for these activiteis are listed below;

Meal site special Christmas bingo parties will be Dec. 9 at Fairington and Clark Arms; Dec. 11 - Henryville and Parkview; Dec. 14 - Frenchtown and Hillview; Dec. 15 - Charlestown Beechwood, Corydon, Austin, Watson and Greetree Village; Dec. 16 - Silver Creek and Riverview, Borden; Dec. 17 - Scottsburg and Claysburg.

Meal site Christmas parties will be Dec. 22 at Silver Creek; Dec. 23 at Borden, Clark Arms, Claysburg, Corydon, Frenchtown, Hillview, Scottsburg and Watson and Dec. 24 at Austin, Beechwood, Charlestown, Fairington, Greentree Village, Henryville, Riverview and Parkview.

THE BANNER-GAZETTE, Wednesday, December 16, 1981

Christmas party set at Borden meal site

The nutrition Sites sponsored by the South Central Indiana Council for the Aging & Aged, Inc. recently began Christmas activities.

All meal sites will be having Christmas bingo games and parties.

Borden's bingo game will be held on Wednesday, Dec. 16. The Christmas party will take place on Wednesday, Dec. 23.

The Council for the Aging invites everyone to join in on the activities. All activities are for any person 60 years of age or older. Reservations must be made 24 hours in advance by calling the Nutrition meal site or the New Albany office at (812) 948-8873. You must eat at the meal site the day of the activity.

On Wednesday, Dec. 23, all homebound participants will receive a special ornament, along with a special boxed lunch to be used Christmas day.

THE BANNER-GAZETTE, Wednesday, December 9, 1981 Page 3

Serving the Aged

A review of services offered by the South Central Council for the Aged and Aging, Inc.

(Editor's Note: Following is the second of a series of articles from the South Central Council for the Aging & Aged, Inc. The articles will outline the services offered by the Council.)

After the success of the Senior Olympics, the Health Services Department forged ahead and sponsored three workshops spanning the months of October and November.

An in-service training workshop was held in October at Indiana University Southeast. Topics included "Aerobics," "Emotional Problems of the Elderly," "Growing Older - A Process Not a Disease," and a session on "Burnout." The day proved to be enjoyable and informative for all who attended.

A health service workshop for senior citizens living in Floyd and Harrison Counties was held on Nov. 17, at Riverview Towers in New Albany. Topics discussed were: "Oral Health As People Grow Older," "Aerobics," and "Time On Your Hands But You're Sitting On Your Seat," which took a look at leisure time options for persons aged 60 and over.

A similar workshop was held Nov. 18, at Greentree Village Apartments in Clarksville. Topics discussed on that day included "Housing - Look Before You Leave," and "Emotional Problems of the Elderly."

Health Services Director Carla Warner was pleased with the success of the workshops and wishes to extend her appreciation to all those who participated. Carla is looking forward to the new year and other exciting projects, including the 2nd annual Senior Olympics.

Staff members from the Health Services Department of the South Central Council for the Aging & Aged, Inc., conduct regular blood pressure screening checks. Shown are Mildred Bagshaw, Shirley Bailey, Carla Warner, Helen Linn, Pat Ragland, and Claire Hughes.

Pages needed for legislature

"Applications are being accepted from students who would like to serve as pages in the 1982 session of the Indiana General Assembly," Rep. Paul J. Robertson (D-Corydon) stated.

The legislative session will begin on Jan. 5, and will end no later than Mar. 15.

Any student who is in the seventh grade or above can be scheduled for a day to assist legislators at the State House in Indianapolis. "Pages will participate in a brief training session and tour of the State House and will then assist the legislators and legislative staffs with various jobs," Rep. Robertson said. "This is an excellent opportunity for students to learn about state government and the legislative process on a first hand basis."

Rep. Robertson added that those interested in being pages for the upcoming session of the legislature can contact any member of the Indiana House Democratic staff at 1-800-382-9842.

The Tribune, New Albany, Ind., Thurs., Dec. 17, 1981

Aging Council Has Staff Workshops

The South Central Indiana Council for the Aging & Aged, Inc., has sponsored two in-service workshops for its office staff. The Area 14 Agency serves people 60 years of age and older and residing in Clark, Floyd, Harrison, and Scott counties. It provides the nutrition, information and referral, health services, Title XX social services, and funds the Council for Older Americans chapter.

Friday, Dec. 4, a workshop on management was presented at Tommy Lancaster's Restaurant for the program directors. Nancy Miller, assistant director of the Center of Management Development at the University of Louisville, spoke on "Understanding Your Clients Through Transactional Analysis", Miller identified the three ego states in each person - child, adult and parent - and discussed typical statements from each of these ego states. By identifying the ego state from which the client is operating, a director can respond more fully to that client.

Kathy Copas, regions relations director at Ivy Tech, emphasized the importance of good program publicity and explained how to make good coverage.

The final speaker was Tony Warner, student center director at IUS. Warner discussed time management of not only office time, but also personal time.

The program directors present were Thelma Bertrand, executive director; Pat Jewell, fiscal officer; Nancy Shiner, program developer; Carla Warner, health services director; Angela Cook, nutrition director; Sherrill Zimmerman, Title XX director; Linda Codey, RSVP director; Bobbie Napier, director of Council for Older Americans; Linda Wood, Title XX activity director; and Guy Roehm, information and referral specialist.

Monday, Dec. 7, and Tuesday, Dec. 8, another workshop was coordinated by Terry Foster, Director of Continuing Studies at Indiana University Southeast. The program included sessions on stress management conducted by Dr. Bernado Carducci, assistant professor of psychology at IUS; interpersonal communications given by Dr. Clarice Mitchiner, assistant professor of speech at IUS; Jo Anne Saxton, retired from Kentucky Visiting Nurses Service, speaking on serving the disabled elderly.

This workshop was attended by all the program directors and clerical assistants in the office. In addition to the program directors mentioned above, the following personnel attended: Carolyn McCain, Title III bookkeeper; Phyllis Brown, Title XX bookkeeper; Wanda Whitaker, executive secretary; Vickie Medlock, Title XX billing clerk; Leo Haney, nutrition bookkeeper; Dorothy Murray, nutrition secretary; Mary Sanders, information and referral coordinator; Janet Meyers, RSVP activities coordinator; Gertrude Vertrees, bookkeeper for Council for Older Americans; Maxine Spurgeon, dispatcher for Council for Older Americans; Jo Anne Hanneman, Scottsburg activities coordinator; Linda Lee, activities coordinator at Ken Ellis in Jeffersonville; Fannie Jumpper, activities coordinator at Parkview; and Sue Johnson, homebound activities coordinator. Max Mason attended representing the board of directors.

Page 16, The Tribune, New Albany, Ind., Thurs., Dec. 17, 1981

VOLUNTEERS IN ACTION — Beverly Summers, second from right, and Carla Warner, right, checked blook pressure of senior citizens yesterday at the Beechwood Community building. Getting checked are, from left, Leona Morrison and Anna M. Tempel. Summers is a volunteer from the New Albany Nursing Home and Warner is the health service director for the South Central Indiana Council for Aging.

(Tribune Photo By Garry Jones)

The Tribune, New Albany, Ind., Tues., Dec. 22, 1981

DOLLS GALORE — Senior citizens in the area have dressed over 300 dolls and made over 200 stuffed toys for needy children in the area. The dolls were gathered and distributed by the Salvation Army. Friday, the dolls were judged on the uniqueness of the designs. Looking over some of the toys are, from left, Lt. and Mrs. Irvin Poucher of the Salvation Army, Linda Codey, director of the Retired Senior Volunteer Program, and Thelma Bertrand, executive director of the Southern Indiana Council for the Aging and Aged.

(Tribune Photo By Don Beck)

THE BANNER-GAZETTE, Wednesday, December 23, 1981

Council for Aging sponsors staff in-service workshops

The South Central Indiana Council for the Aging & Aged, Inc., has sponsored two in-service workshops for its office staff. The Area 14 Agency serves people 60 years of age and older and residing in Clark, Floyd, Harrison, and Scott Counties. It provides the following programs: Nutrition, Information and Referral, Health Services, Title XX Social Services, and Council for Older Americans.

On Dec. 4, a workshop on management was held at Tommy Lancaster's Restaurant for the program directors. Nancy Miller, assistant director of the Center of Management Development at the University of Louisville, spoke on "Understanding Your Clients Through Transactional Analysis." Ms. Miller identified the three ego states in each person--child, adult, and parent--and discussed each of these ego states. By identifying the ego state from which the client is operating, a director can respond more fully to that client.

Kathy Copas, regions relations director at Ivy Tech, emphasized the importance of good program publicity.

The final speaker was Tony Warner, student center director at IUS. Warner discussed time management of not only office time, but also personal time.

The program directors present were Thelma Bertrand, executive director; Pat Jewell, fiscal officer; Nancy Shiner, program developer; Carla Warner, health services director; Angela Cook, nutrition director; Sherrill Zimmerman, Title XX director; Linda Codey, RSVP director; Bobbie Napier, director of Council for Older Americans; Linda Wood, Title XX activity director; and Guy Roehm, information & referral specialist.

On Dec. 7-8 another workshop was coordinated by Terry Foster, director of continuing studies at Indiana University Southeast. The program included sessions on stress management conducted by Dr. Bernado Carducci, assistant professor of psychology at IUS; interpersonal communications given by Dr. Clarice Mitchiner, assistant professor of speech at IUS; Jo Anne Saxton, retired from Kentucky Visiting Nurses Service, speaking on serving the disabled elderly.

This workshop was attended by all the program directors and clerical assistants in the office. In addition to the program directors mentioned above, the following personnel attended: Carolyn McCain, Title III bookkeeper; Phyllis Brown, Title XX bookkeeper; Wanda Whitaker, executive secretary; Vickie Medlock, Title XX billing clerk; Leo Haney, nutrition bookkeeper; Dorothy Murray, nutrition secretary; Mary Sanders, information & referral coordinator.

Also, Janet Meyer, RSVP activities coordinator; Gertrude Vertrees, bookkeeper for Council for Older Americans; Maxine Spurgeon, dispatcher for Council for Older Americans; Jo Anne Hanneman, Scottsburg activities coordinator; Linda Lee, activities coordinator at Ken Ellis in Jeffersonville; Fannie Jumpper, activities coordinator at Parkview; and Sue Johnson, homebound activities coordinator.

Mr. Max Mason attended representing the Board of Directors.

THE BANNER-GAZETTE, Wednesday, December 30, 1981

A review of news that made headlines in 1981

June

Edgar (Ed) Day, New Albany, was chosen "Older Hoosier of the Year" for Area 14. He would also represent the South Central Indiana Council for the Aging at the Older Hoosier's Federation Conference that was to take place at Purdue University.

Page 2 THE BANNER-GAZETTE, Wednesday, December 30, 1981

Serving the Aged

A review of services offered by the South Central Council for the Aged and Aging, Inc.

The South Central Indiana Council for the Aging & Aged, Inc., serves people 60 years of age and older in Clark, Floyd, Harrison and Scott Counties. It is an "umbrella agency" which has the Council for Older Americans, the Nutrition Program, Retired Senior Volunteer Program, Health Services Program, and Title XX Social Services Program.

Title XX Social Services under the coordination of Sherrill Zimmerman has three major components: Activities, Personal Care, Assessment, and Homemaker-Handyperson.

The Day Activities Program provides recreational, educational, cultural, and social activities at two centers: Ken Ellis Center, 211 Martin Circle, Jeffersonville, and Parkview Towers, Fisher Drive, New Albany. This program includes bingo, macrame, sewing, exercise classes, spiritual awareness, music appreciation, plaster crafts, needlepoint, ceramics, shopping trips, cards, handicrafts, and blood pressure screening once a month. In addition to Day Activities, a homebound activity program makes regularly scheduled home visits to its recipients.

Under the second component of Title XX are programs which keep the elderly in thier own homes and out of institutions.

The Needs Assessment assesses the elderly and their needs. The Personal Care Assessors then link the needs of the eldelry with services that can meet those needs. This includes signing the elderly up for other Title XX programs, assisting with applications for such programs as foods stamps, Social Security, and Supplemental Security Income, and escorting the elderly to these services, or arranging for transportation.

If a homebound elderly person is unable to prepare his own meals or has no one to do so, meals will be delivered to that person under Title XX in cooperation with the Nutrition Program.

The Homemaker-Handyperson Program is the only program which has federal income guidelines. This program serves people who are unable to take care of their own homes and includes housecleaning, occasional painting, rug shampooing, weatherizing, doing minor home repairs, and occasional cleaning (defrosting refrigerators, oven cleaning, washing woodwork).

Finally Title XX is involved in Project SAFE Outreach. Project Safe is a low income fuel assistance program being organized by the Community Services Agencies. This outreach program ensures that all elderly, who are eligible are signed up for Project SAFE.

For further information on any of Title XX programs, call 948-9423.

The Charlestown, In., COURIER, Wednesday, December 30, 1981

THE SENIOR CITIZENS have their blood pressure taken every third Tuesday in the month, it is open to the public to persons over 60 years of age. It is held at the McCampbell Building in Charlestown. Shown having her blood pressure taken is Eunice Whalin; standing is Angie Cook, the nutrition; and Claire Hughes (left) and Pat Ragland both of Jeffersonville, nurses at a Jeffersonville nursing home. +

The Tribune, New Albany, Ind., Tues., Jan. 5, 1982

Advisory Board Member To Speak

An interesting program is being planned for the January meeting of the New Albany Woman's Club, Jan. 11 at the Holiday Inn.

Dorothy Alexander, assistant site manager at Riverview Towers, and a member of the Advisory Board of the Council for the Aging will be the speaker. She was an official delegate to the 1981 White House Conference on Aging, held in Washington, D.C. in November.

Mrs. Ralph Bates, educational program chairman for the Woman's Club, says Ms. Alexander will give a report on the Conference, and an evaluation of it's proceedings.

The local organization is a member of the General Federation of Womens Clubs. It convenes its luncheon meetings the second Monday of each month at 12:30 p.m., in the New Albany Holiday Inn. Visitors are welcome.

The Tribune, New Albany, Ind., Mon., Jan. 11, 1982

The Eyes Have It

Dr. Maurice John of the John/Kenyon Eye Center will deliver a multi-media slide presentation of his trip to Russia Thursday, Jan. 14 at 12 noon at Beechwood Community Building on Kelly Drive.

Dr. John, who specializes in eye surgery, went to Russia to study new and innovative eye surgery techniques.

Following the presentation, a free glaucoma screening will be given. The program should conclude at approximately 2:30. For more information call 948-8330. Attendance is free of charge.

The Tribune, New Albany, Ind., Tues., Jan. 12, 1982

Thelma Bertrand Addresses AARP

Floyd County Chapter No. 3217 of the American Association of Retired Persons met Jan. 8 in the auditorium of the New Albany Public Library. Ninety-six members were present.

President, Willie Canter opened the meeting with a wish for a happy New Year, and welcomed visitors and members.

Devotions were given by Margaret Baker, "Gates of the New Year Open What Will the New Year Bring," ending with a prayer.

Pledge to the flag was said in unison.

The president turned the meeting over to the program chairman, Stanley Aebersold, who introduced speaker, Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged.

Mrs. Bertrand spoke on the opportunities for elderly people. In 1973, six meal sites were opened where the elderly could get a nutritious meal at a low cost, in a home-like atmosphere. When they began, 50 people were served. Today, 878 meals are served daily at the centers and are delivered to homes, Monday through Friday.

Social services provided by the council help older persons continue living independently and improves their quality of life. Services include help with problem solving, advocacy, referrals to community resources, house cleaning, minor home repairs and maintenance, home delivered meals, activity programs at the senior opportunity centers, transportation to meal sites, doctors and shopping.

The Area 14 agency serves Scott, Clark, Floyd and Harrison counties. Discount cards are available along with a list of stores honoring senior citizen discounts. Cards can be picked up at the agency, located at 134 E. Main St.

Anyone wanting to donate hime may call 948-9161.

Mrs. Bertrand announced that Katherine Eicholz was the Older Hoosier for 1981. She presented president, Willie Canter with a book titled, "Community Resources for Older Persons," compiled by South Central Indiana Council for Aging and Aged to be kept in the AARP files.

The business meeting was then conducted with the secretary and treasurer's reports. Chairmen reported on legislation, community service, sickness, membership, ways and means, insurance, nominating and refreshments.

The president announced confirment of Betty Sharp, who was elected assistant to state director. She was congratulated for volunteering and being chosen from the local chapter.

Maurice Morey, first vice-president, thanked members for cards during his illness.

Members were reminded to make reservations for the Valentine Party on Feb. 14 at the Yesterday House.

The president closed the meeting with a poem, "Keep Going."

Fellowship and refreshments followed. Hosting were Julie Ehalt, Billie Rocarati, Sylvia Young and Kathryn Phelps.

The next meeting will be Feb. 12.

The Tribune, New Albany, Ind., Wed., Jan. 13, 1982

Offer Fuel Assistance

The Project Safe program, which provides fuel assistance to low income families, is being administered locally by the Floyd County Community Action Agency and the South Central Indiana Council for the Aging and Aged.

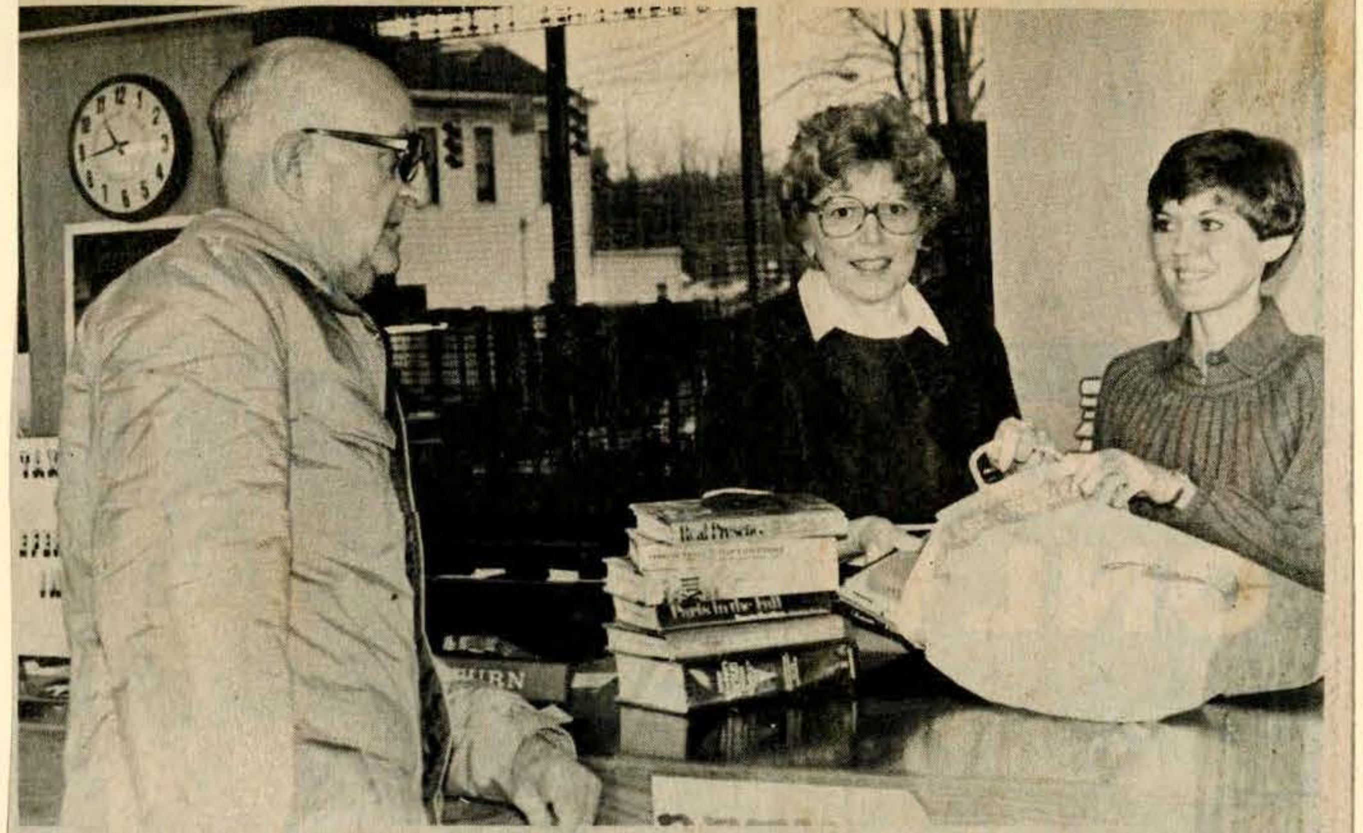
Persons who live in government-owned housing or who rent and have utilities includedin their rent should contact the Floyd County Community Action Agency, 2754 Charlestown Road, 944-6862 or 944-6708.

Persons who own their own homes or who rent and pay their own utilities should contact the South Central Indiana Council for the Aging and Aged, 134 E. Main St., 948-9423.

In Clark Couuty, Project Safe is administered by the Clark County Community Action Agency in Jeffersonville and in Harrison County by Harrison County Community Services in Corydon.

New Albany, Indiana

Tuesday, Jan. 12, 1982



NEW LIBRARY PROGRAM UNDEREWAY — The New Albany-Floyd County Public Library and the South Central Council for the Aged and Aging are cooperating to provide a "walking book service" for the homebound residents of Floyd County. The library is providing the books and they are delivered by A Retired Senior Volunteer to the home. Don Reeves, left, (RSVP) waits for the books being readied by Elise Tighe, library volunteer, center and Ann Crask, head of library circulation.

(Tribune Photo by Don Beck)

Library And Aging Council Get Books To The Homebound

HOME DELIVERY — Don Reeves, of the Retired Senior Volunteer Program, hands a library book to Freda Conner who lives in the Riverview Towers. Through the special "walking book service" at the library homebound persons in Floyd County can now enjoy use of the books by calling the library or the Council for the Aged and Aging.

(Tribune Photo By Don Beck)

The New Albany-Floyd County Public Library and the South Central Indiana Council for the Aging are cooperating to provide a "Walking Book" service that will deliver books to qualified homebound Floyd County residents.

"For some time the Library has wanted to provide books to residents who, due to physical reasons, were unable to use the Library themselves," says Mona Leitner, library director.

"Now, through the generous cooperation of the Council for the Aging, we'll be able to do just that."

Director Leitner feels it is particularly important to utilize interagency resource sharing in a time of limited funding, and Thelma Bertrand, director of the Council for the Aging, agrees, "Together we can provide a service that neither agency could do alone."

Library staff will interview each participant in the program in order to determine his or her reading interests. Library volunteer, Elise Tighe, will match those interests with books from the library's collecton, and R.S.V.P. (Retired Senior Volunteer Program) volunteer Don Reeves will then deliver and pick up the materials on a monthly basis.

Homebound or handicapped individuals who are interested in the program should call Linda Cody, R.S.V.P. co-ordinator, at 948-8330 at the Council for the Aging office, or Mona Leitner, library director at 944-8464.

The Tribune, New Albany, Ind., Wed., Jan. 20, 1982

THE TRIBUNE SCOPE SALUTES

The new "walking book service" for the homebound. The service is sponsored by the New Albany-Floyd County Public Library and the Retired Senior Volunteer Program.

GETS FREE EYE CHECK — Dr. Maurice John of the John-Kenyon Eye Clinic, gave a multimedia slide presentation Thursday night at the Riverview Towers. This presentation was on his trip to Russia to study new eye surgery techniques. He also set up a free glaucoma screening to those on hand. The program was coordinated by Carla Warner of the South Central Council for the Aging and Aged. Getting one of the free eye checks from nurse Pam Elder is Drury Moore.

(Tribune Photo By Jack R. Davis)

The Tribune, New Albany, Ind., Fri., Jan. 22, 1982

Cookie Bake-Off Is Scheduled For Seniors

The South Central Indiana Council for the Aging and Aged, Inc., announces its first Senior Citizens Cookie Bake-Off. The contest is opened to all men and women 60 years of age and over and residing in Clark, Floyd, Harrison, and Scott counties.

Local bake-offs will be held the month of February at the Activity Centers. First, second, and third place winners will be announced at each center. All first place winners will compete in the Champion Bake-Off to be held at the Ken Ellis Center, Jeffersonville, on March 17. The Champion Bake-Off Winner will be Area 14's entry in the Senior Citizens Cookie Bake-Off at the 1982 Indiana State Fair.

Bakers may select any type cookie they desire to enter, but may have only one entry. Each entry must be accompanied by two typed or clearly printed copies of the recipe baked. All recipes will be compiled in an Area 14 Cookie Recipe Book to be published later in 1982. After the judging at each of the local contests is completed, an open-house will be held. All senior citizens are invited to sample the cookies.

A St. Patrick's Day party will be held after the Grand Champion Bake-Off, and again all senior citizens are invited to participate in the fun. A special award will be given to the person wearing the most green.

Local bake-offs are scheduled at 1 p.m. at the following places: Ken Ellis Center, 211 Martin Circle, Jeffersonville, Feb. 18; Fifth Street Senior Citizens Center, 317 E. 5th St., New Albany, Feb. 19; Clark Arms, 117 W. Market St., Jeffersonville, Feb. 22; Corydon Activity Center, 123 Mulberry St., Corydon, Feb. 23; Charlestown Community Center, 214 McCampbell, Charlestown, Feb. 24; Senior House, 183 S. 2nd St., Scottsburg, Feb. 25.

For registration, entry rules, and further information, contact Nancy Shiner at 948-8330 or Linda Wood at 283-7356.

The Tribune, New Albany, Ind., Fri., Jan. 22, 1982

Successful Year

Dear Editor,

Once again the members of this community have rallied together to help make 1981 a successful year for the Retired Senior Volunteer Program, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. Over 400 of you serve actively as volunteers while countless others support our programs through your donations of goods and materials.

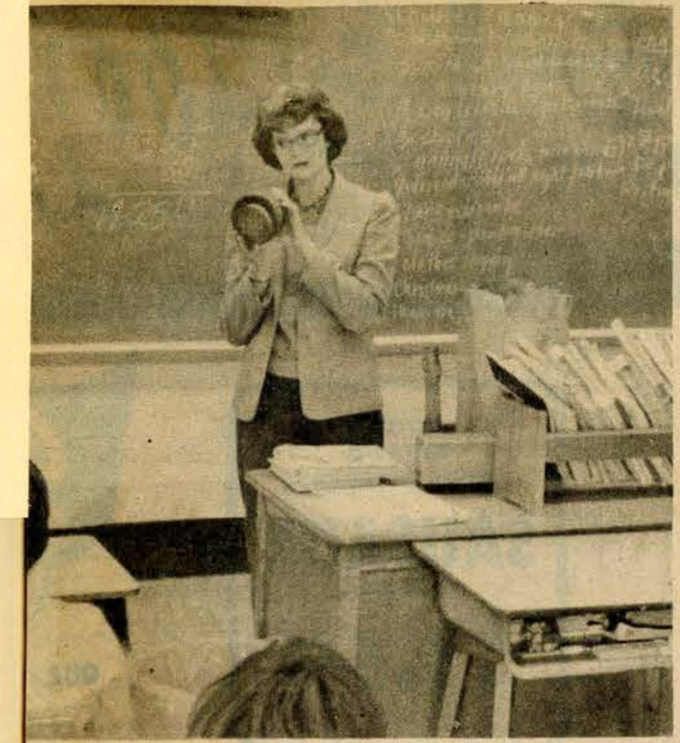
Three hundred needy children received dolls for Christmas dressed by our volunteers solely from donated materials; 50 pairs of mittens kept little ones' hands warm on their way to school; lap robes, walker bags and bibs were given to area nursing homes for the comfort of their residents.

An enormous amount of yarn, material and thread is used to support our workshops and doll dressing programs. We are again asking your help in continuing and expanding our programs in Floyd, Clark, Scott and Harrison counties. If you have any yarn scraps, thread or material you don't need, please call us at 948-8330 and a pick-up time will be arranged. Our office is open from 8-4:30 weekdays if you would like to drop your donation off. Sincerely,

Linda Codey,
Retired Senior Volunteer Director

THE BANNER-GAZETTE, Wednesday, January 13, 1982 Page 9

Borden senior citizens share memories with grade students



Marjorie Hedegard explains how some of the kitchen utensils of earlier days were used. She is speaking to Borden fourth and fifth grade students.

Borden fourth and fifth grade students likely returned home from school last Thursday able to tell their parents how to start a Model T Ford or how to bid for a pie at an old-fashioned pie supper.

The students acquired their insight into earlier lifestyles when a group of Borden senior citizens visited the classroom and were interviewed by inquisitive young Charles Kuralts and Barbara Walterses.

Courtship, transportation modes, and games and hobbies held a particular fascination for the young interviewers who inquired about such in talking with Marjorie Rhoads, Lelia McKinley, Erland Hedegard, Marjorie Hedegard, Harry Miller, Vivian Fordyce, Jerry Fordyce, and Bruce Bell.

The students eagerly listened as Jerry Fordyce recounted his story of falling in love with a "beautiful blonde" that he did not even recognize at a class reunion several years later.

Bruce Bell told the students he was in love with not one, but two girls. The girls were twins and since he couldn't tell them apart, he was in love with both of them. He was two years younger than the girls and said, "I planned to marry one of them when I could tell them apart or when I grew."

Bell never married either of them, but each of the girls married someone else and one of them became the mother of Marjorie Hedegard, who was also present to talk to the interviewers and show them some of the common kitchen utensils of earlier years.

Mr. Hedegard answered a question about his childhood friendships by relating that he was really bothered because one of his friends was so much smarter than him. When he asked his friend why it was so he always replied, "I don't know. I just am." Hedegard left the students with a thought to remember when he said, "In this life, if you have one friend, you're fortunate. If you have two, you're extremely wealthy."

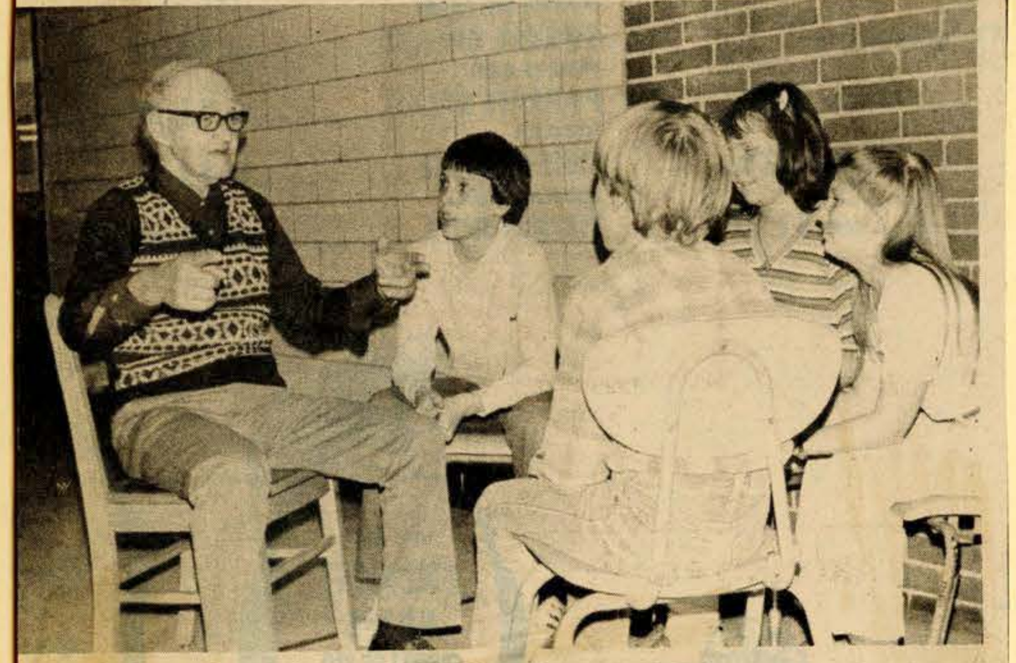
The group accepted the invitation to visit the classroom after the students provided them with a Christmas program a few weeks ago.

Marilyn McKinley is the students' teacher.

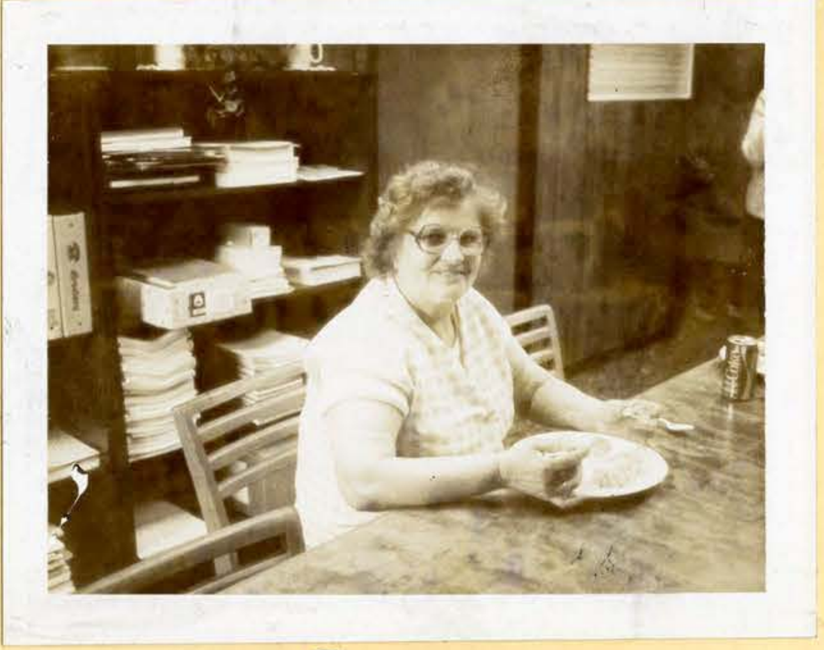
Jean Clark, who is site manager for the Borden senior citizens meal site, was also interviewed by students when senior citizens visited Borden School.

These children were interested in learning the kind of chores Erland Hedegard had to do as a boy. Hedegard was among a group of senior citizens visiting Marilyn McKinley's fourth and fifth grade students at Borden Elementary School.

Jerry Fordyce tells these Borden Elementary School students how he met his wife, Vivian, who is sitting next to him. The Fordyces recently visited a class at Borden.



It looks as though Bruce Bell is telling about the fish that got away but he is actually telling these Borden Elementary School students about the games he and his friends used to play as children.



HILDA SIEBERT
JANUARY 25, 1982

Scottsburg Senior House to be site of bake-off

The South Central Indiana Council for the Aging & Aged, Inc., announces its first Senior Citizens Cookie Bake-off. The contest is opened to all men and women 60 years of age and over and residing in Clark, Floyd, Harrison, and Scott Counties.

Local bake-offs will be held during the month of February at the activity centers. A bake-off is planned at the Scottsburg Senior House for 1 p.m. on Thursday, Feb. 25.

First, second, and third place winners will be announced at each center. All first place winners will compete in the Champion Bake-Off to be held at the Ken Ellis Center, Jeffersonville, on Mar. 17. The Champion Bake-Off Winner will be Area 14's entry in the Senior Citizens Cookie Bake-Off at the 1982 Indiana State Fair.

Bakers may select any type cookie they desire to enter, but may have only one entry. Each entry must be accompanied by two typed or clearly printed copies of the recipe baked. All recipes will be compiled in an Area 14 Cookie Recipe Book to be published later in 1982. After the judging at each of the local contests is completed, an open house will be held. All senior citizens are invited to sample the cookies.

A St. Patrick's Day Party (Mar. 17) will be held after the Grand Champion Bake-off, and again all senior citizens are invited to participate in the fun. A special award will be given to the person wearing the most green.

For registration, entry rules, and further information, contact Nancy Shiner at 948-8330 or Linda Wood at 283-7356.

The Charlestown, In., COURIER, Wednesday, January 27, 1982

Council for the Aging presents 'Bake Off'

The South Central Indiana Council for the Aging and Aged, inc., announces its first Senior Citizens Cookie Bake-Off. The contest is opened to all men and women sixty years of age and over and residing in Clark, Floyd, Harrison, and Scott Counties.

Local bake-offs will be held the month of February at the Activity Centers. First, second, and third place winners will be announced at each center. All first place winners will compete in the Champion Bake-Off to be held at the Ken Ellis Center, Jeffersonville, on March 17. The Champion Bake-Off Winner will be Area 14's entry in the Senior Citizens Cookie Bake-Off to the 1982 Indiana State Fair.

Bakers may select any type cookie they desire to enter, but may have only one entry. Each entry must be accompanied by two (2) typed or clearly printed copies of the recipe baked. All recipes will be compiled in an Area 14 Cookie Recipe Book to be published later in 1982. After the judging at each of the local contests is completed, an open-house will be held. All senior citizens are invited to sample the cookies.

A St. Patrick's Day Party will be held after the Grand Champion Bake-Off, and again all senior citizens are invited to participate in the fun. A special award will be given to the person wearing the most green.

Local bake-offs are scheduled at 1:00 p.m. at the following places:

Charlestown Community Center, 214 McCampbell, Charlestown, February 24;

Ken Ellis Center, 211 Martin Circle, Jeffersonville, February 18;

5th Street Senior Citizens Center, 317 E. 5th Street, New Albany, February 19;

Clark Arms, 117 W. Market Street, Jeffersonville, February 22;

For registration, entry rules, and further information, contact Nancy Shiner at 948-8330 or Linda Wood at 283-7356. +

Serving the Aged

A review of services offered by the South Central Council for the Aged and Aging, Inc.

—Council Photo—

The South Central Council for the Aging serves hot nutritious meals at 17 locations in Floyd, Clark, Scott, and Harrison Counties.

The South Central Indiana Council for the Aging & Aged, Inc., provides numerous programs and services designed to meet the needs of senior citizens in Clark, Floyd, Harrison, and Scott Counties. The council has been under the direction of Thelma Bertrand from its inception. One of the major aspects has been the Nutrition Program which provides a hot nutritious meal to people 60 years of age and over.

The council was started in 1973 and in October of that year, Mrs. Bertrand opened six nutrition meal sites which served 150 people daily. Today the Nutrition Program has 17 meal sites which serve approximately 10,850 hot meals a month. In addition, approximately 8,066 hot meals a month are delivered to home-bound senior citizens.

Angela Cook nutrition director, states that the purpose of the meal sites is two-fold: to assure that each person 60 and older has access to at least one hot nutritious meal a day and to provide a setting for social contact, leisure activities, and educational programs.

For senior citizens the cost of the meal is by donation only. For persons under 60, the cost of the meal is $2.50. Each meal site is opened five days a week. Monday through Friday. On minor holidays, the meal sites are open; on major holidays a box lunch is provided. In addition, all meal site participants will receive five emergency meals so that each person will have food in case the meal site is closed by inclement weather.

Among the activities scheduled at the meal sites are monthly blood pressure screenings, informative programs on legal matters, nutrition education, sing-alongs, birthday parties, leisure and social activities such as bingo and cards, organized trips, health programs, and screenings for health related disorders.

Any senior citizen wishing to attend a meal site must make a reservation 24 hours in advance by calling the nearest meal site or the main office at 948-8873.

Among the meal sites are those located at: Henryville Community Presbyterian Church, 294-9063; Scottsburg Senior House, 752-4134; Austin Senior Citizens Center, 794-9276; Borden Red Carpet Diner, 967-2329.

Wednesday, Jan. 27, 1982, THE CORYDON DEMOCRAT, Corydon, Ind.

'Cookie Bake-off' for senior citizens

A senior citizens "Cookie Bake-off" is scheduled for Feb. 23 at 1 p.m. at the Harrison County Senior Citizens Center at 123 S. Mulberry in Corydon. It will be open to all men and women age 65 and over.

The bake-off is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

Bakers may select any type of cookie they want in the bake-off, but they are limited to one entry. Each entry must be accompanied by two typed or clearly-printed copies of the recipe.

First, second and third place winners will be announced. First place winners from Harrison, Clark, Floyd and Scott counties will compete in the Champion Bake-off March 17 at the Ken Ellis Center in Jeffersonville. After that, a St. Patrick's Day party will be held, and the person wearing the most green will win a special award.

The Champion Bake-Off winner will represent Area 14 in the Senior Citizens Cookie Bake-Off at the 1982 Indiana State Fair in August.

All recipes from throughout the various stage of competition will be compiled in an Area 14 cookie recipe book that will be published sometime in late 1982.

After the judging is completed at the local contests, open house will be held, where all senior citizens are invited to sample the cookies.

For registration, entry rules and further information, contact Nancy Shiner at 948-8330 or Linda Wood at 283-7356.

The Corydon, In., HARRISON COUNTY PRESS, Wednesday, January 27, 1982

First Senior Citizens Cookie Bake-Off open to men and women 60 or older

The South Central Indiana Council for the Aging and Aged, Inc., announces its first Senior Citizens Cookie Bake-Off. The contest is opened to all men and women 60 years of age and over and residing in Clark, Floyd, Harrison, and Scott Counties.

Local bake-offs will be held the month of February at the Activity Centers. First, second, and third-place winners will be announced at each center. All first-place winners will compete in the Champion Bake-Off to be held at the Ken Ellis Center, Jeffersonville, on March 17. The Champion Bake-Off Winner will be Area 14's entry in the Senior Citizens Cookie Bake-Off at the 1982 Indiana State Fair.

Bakers may select any type cookie they desire to enter, but may have only one entry. Entry must be accompanied by two (2) typed or clearly printed copies of the recipe baked. All recipes will be compiled in an Area 14 Cookie Recipe Book to be published later in 1982. After the judging at each of the local contests is completed, an open-house will be held. All senior citizens are invited to sample the cookies.

A St. Patrick's Day Party will be held after the Grand Champion Bake-Off, and again all senior citizens are invited to participate in the fun. A special award will be given to the person wearing the most green.

Local bake-offs are scheduled at 1:00 p.m. at the following address:

Corydon Activity Center, 123 Mulberry Street, Corydon, February 23.

For registration, entry rules, and further information, contact Nancy Shiner at 948-8330 or Linda Wood at 283-7356. +

AUSTIN-CROTHERSVILLE NEWS, Thursday, January 28, 1982

Sr. Citizen Cookie Bake-off Set

The South Central Indiana Council for the Aging and Aged, Inc., announces its first Senior Citizens Cookie Bake-Off. The contest is opened to all men and women sixty years of age and over and residing in Scott County.

The Scott County bake-off contest is scheduled for Feb. 25 at 1 p.m., at the Senior House, 183 S. Second St., Scottsburg. First, second, and third place winners will be announced and the first place winner will compete in the Champion Bake-Off to be held at the Ken Ellis Center, Jeffersonville, on Feb. 17. The Champion Bake-Off Winner will be Area 14's entry in the Senior Citizens Cookie Bake-Off at the 1982 Indiana State Fair.

Bakers may select any type cookie they desire to enter, but may have only one entry. Each entry must be accompanied by two (2) typed or clearly printed copies of the recipe baked. All recipes will be compiled in an Area 14 Cookie Recipe Book to be published later in 1982. After the judging at each of the local contests is completed, an open-house will be held. All senior citizens are invited to sample the cookies.

The Charlestown, In., COURIER, Wednesday, February 3, 1982

Retirement Party

A RETIREMENT PARTY was held for Ruby Hamilton by the members of the Senior Citizens. Ruby has been with them for five years. Betty Herrington will be taking Ruby's place. Pictured from left to right are Betty Herrington, Ruby Hamilton and Dorothy Conklin (members). Photo by Cindy Streets. +

2 THE INDIANA WEEKLY, WEDNESDAY, FEBRUARY 3, 1982

Cookie bake-off planned for area's senior citizens

If your grandchildren make a bee-line for your cookie jar whenever they come to visit, here's your chance to spread your reputation farther.

Goody-baking grandmas — and grandpas — as well as any other residents of Clark, Floyd, Harrison and Scott counties who are 60 or over are invited to enter the first Senior Citizens Cookie Bake-Off, sponsored by the South Central Indiana Council for the Aged and Aging.

Local bake-offs will be held this month at each of the senior citizens activity centers. All first-place winners will compete in the Champion Bake-Off at the Ken Ellis Center in Jeffersonville March 17.

The dates and places for the preliminary contests, all of which will be held at 1 p.m., are:

✓ Feb. 18, Ken Ellis Center, 211 Martin Circle, Jeffersonville.

✓ Feb. 19, Fifth Street Senior Citizens Center, 317 E. Fifth St., New Albany.

✓ Feb. 22, Clark Arms, 117 W. Market St., Jeffersonville.

✓ Feb. 23, Corydon Activity Center, 123 Mulberry St., Corydon.

✓ Feb. 24, Charlestown Community Center, 214 McCampbell, Charlestown.

✓ Feb. 25, Senior House, 183 S. Second St., Scottsburg.

Entrants must report to the bake-off sites at 12:45 p.m. to register and receive a number to identify their cookies.

Any kind of cookie is eligible, but bakers are limited to one entry. With their cookies, they should bring two typed or clearly printed copies of the recipe, using standard measurements and including a list of all ingredients in the order used, instructions, yield, oven temperature, baking time and pan size. If there is an icing or frosting recipe with the cookie, it should be in the same format but listed separately below the cookie recipe.

Cookies will be judged on appearance (shape, size, color and surface), texture (grain, moisture and tenderness) and palatability (flavor and fragrance).

The baker's name must not appear on the recipe. The yield should be at least two dozen cookies. Failure to follow the requirements may disqualify an entry.

All recipes submitted will be compiled in an Area 14 Cookie Recipe Book to be published later in the year.

Members of the staff of the council and the various centers will serve as judges, but at other centers rather than their own. After the judging of each local contest, there will be an open house for sampling the cookies.

Each local first-place winner must bake the same recipe for the final bake-off.

The first-, second- and third-place winners of each site will be presented awards at the final bake-off. The first-place cookie baker of the championship will go on to be Area 14's entry in the 1982 Indiana State Fair Senior Citizens Cookie Bake-Off.

After the Champion Bake-Off, there will be a St. Patrick's Day party, with a special award given to the person wearing the most green. All senior citizens are invited.

For more information or a copy of the entry rules, call Nancy Shiner at 948-8330 or Linda Wood at 283-7356.

THE INDIANA WEEKLY, WEDNESDAY, FEBRUARY 10, 1982

Floyd County Library launches its new 'walking book' service

By BARRETT SHAW
Indiana Weekly Staff Writer

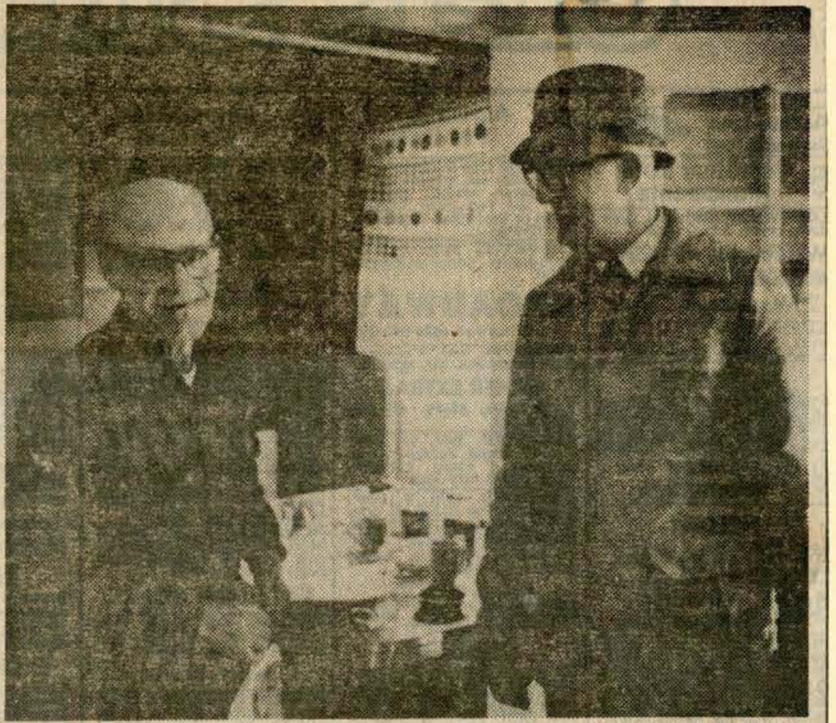


Photo by Richard Alm

Donald Reeves, right, stopped at the New Albany home of Wallace Bastin on his rounds picking up and delivering books for Floyd County Public Library's "walking book" service last Thursday.

In Floyd County now, if you can't go to the library, the library can go to you.

For the past couple of months the Floyd County Public Library has been testing a new program it calls a "walking book service," in which books are delivered to senior citizens or disabled people who are homebouhd.

"We had been interested in having a program like this at the library for a couple of years," said library director Mona Leitner. "But we realized we'd have to have staffing and a vehicle."

She discussed it with the library's board and they decided to approach the South Central Indiana Council for the Aging & Aged. Through federal Title II funding, the council was able to provide the transportation, and through its R. S. V. P. (Retired Senior Volunteer Program) it provided a person to make the deliveries.

The library sends someone to interview applicants to see if they qualify and what their reading interests are. A library volunteer selects books to suit their preferences. Then, every four weeks, Donald Reeves of New Albany takes the participants new selections and picks up the books they've finished.

So far, seven people have been using the service and four or five more have applied to be interviewed, but Mr. Reeves says he could handle up to 80 and the deliveries could be made to a different group each week every month, so the capacity for a great deal of expansion is there even with the present arrangement. And if the demand became great enough, more volunteers could be found.

The need now is for more readers to use the service. Anyone who would like to get library books but is unable to get out to do so can apply for an interview by calling the library at 944-8464.

AUSTIN-CROTHERSVILLE NEWS, Thursday, February 11, 1982

Surplus Cheese Distributed To Senior Citizens

Several area senior citizens received free cheese last week. The government surplus cheese was distributred by the South Central Council for age and the aged. The cheese was distributed to those who were registered for the meal on Wednesday, Feb. 3. There were 56 recipients.

Last Thursday, Feb. 4, 14 local senior citizens were sent to the Shrine Circus in Louisville. Tickets were given by the Shriners free of charge.

Vicie Spicer, meal site director, listed other upcoming group activities. These include a crafts class today (Thursday) at about 1 p.m. Blood pressure checks are held the first Tuesday in each month. There will be a board meeting on Feb. 16 and on Feb. 19 two registered nurses will be speaking on aging and age.

The Tribune, New Albany, Ind., Fri., Feb. 19, 1982

Distributes Cheese To Seniors

In a cooperative venture with the Community Services Association, the South Central Indiana Council for the Aging and Aged, Inc., participated in the recent distribution of five pound blocks of American processed cheese from federal surplus stores. Angela Cook, Nutrition Director, reports that 1212 blocks (6060 pounds) of cheese were delivered to senior citizens attending one of the seventeen Nutrition Meal Sites in Clark, Floyd, Harrison, and Scott counties. Also each homebound senior citizen receiving a home-delivered meal was given one five-pound block of cheese.

To ensure that as many senior citizens as possible received a block of cheese, Thelma Bertrand, Executive Director, arranged withe the Floyd County Community Action Agency for an additional 404 blocks (2020 pounds) of cheese. These were distributed to senior citizens living in Riverview and Parkview, but not attending the Nutrition Meal Sites, and to participants in the Retired Senior Volunteer Program and the Title XX Social Services Program.

An additional 132 blocks (660 pounds) were secured from the Clark County Community Action Agency for distribution to the elderly and handicapped living at Claysburg II Towers in Jeffersonville, but not participating in the Nutrition Meal Site there.

The Council will be involved in another distribution of cheese and butter to the 17 meal sites. These commodities will be used in cooking additional foods — casseroles, snacks, appetizers, etc. — which will be consumed at the meal sites. Participants in the home-delivered Nutrition program will be the only people outside the meal site to receive portions of these foods.

THE BANNER-GAZETTE, Wednesday, February 17, 1982

Mrs. Lois Waggoner was recently elected Queen for a Day at the Borden Senior Citizens Meal Site. The Borden Senior Citizens are holding daily elections during the month of February. Names are drawn to determine the Queen for the Day. Those who have received the honor are Sarah Wilson, Mildred Waggoner, and Lois Waggoner.

Senior citizens hold bake-off

THE SENIOR CITIZENS of Charlestown had a cookie bake-off sponsored by the South Central Indiana Council for Aging and Aged, Incorporated. There will be five local contests held, for the first-place winners, which will be held March 17 at Jeffersonville at the Ken Ellis Center. Pictured are winners from Charlestown, from left, Odra Smith, third place, with fruit cookie; Beulah Cook, second place, with Eagle brand magic; Pete Whitney, first place, with Hello Dolly; Marge Whitney, second place, with Banana Chocolate Chip; and Dave Bradshaw, third place, with Raisin Cookie. Photo by Cindy Streets. +

SPEAKER VIEWS RENOVATION — In a tour of Providence Retirement Home, administrator Sister Noel Waters shows Mrs. Thelma Bertrand, executive director of the South Central Indiana Council on Aging and Aged, some renovation underway to provide more private rooms with lavatories. Sister Noel said this will be the first completed room of several planned to meet this most frequently requested accomodation. Mrs. Bertand, speaker at an in-service meeting of employees at the home, explained to them the community resources for older persons her agency makes available in the area. She also told employees various ways the public can contribute and participate in the care for the elderly. (Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Thurs., Mar. 4, 1982

PLAN BAZAAR AND DINNER — Senior Citizens at the Ken Ellis Center, 211 Martin Circle, Jeffersonville, are planning a bazaar and chicken dinner Friday from 10 a.m. until 3 p.m. at the center. Looking over some of the items for sale are, from left, Isurease Robertson, Madora Gohagon, Goldie Schamel, Gertrude Johnson, Mary Deaton, Jo Day and Eleanora Hauber. (Tribune Photo by Don Beck)

AUSTIN-CROTHERSVILLE NEWS, Thursday, March 11, 1982

CROTHERSVILLE SENIOR CITIZENS

On Mar. 3, Mr. Ed McClain, Senior citizen representative from the Golden Rule Insurance Company, talked about the differences in the Medicare program and taxes.

This weeks activities included Monday, Rev. Regenald Mills, minister, Tuesday Council on aging with Dayna Hardort from H & R Block, Wednesday, a film, Thursday, games and Friday, work on crafts.

Next week's activities include: Monday, Songs from Fiddler on the Roof by the Crothersville fifth and sixth grade choir, Tuesday, a Crothersville High School ensemble and on Wednesday, Mrs. Wolf, a welfare speaker.

Mrs. Freida Hamilton and son Roland from Clearwater Florida visited relatives in Crothersville, Mr. and Mrs. Farrell Street. Mrs. Hamilton is the sister of Gladys Holzworth, a member of the Crothersville Senior Citizens.

On Monday, Mar. 1, Mrs. Madge Wilson, Mrs. Francis Huls and Fern Morgan visited the Muscatatuck State Hospital in Butlerville.

The Tribune, New Albany, Ind., Mon., Mar. 8, 1982

Senior Fashion Show

A senior citizens fashion show will be presented at Riverview Towers Friday from 2 until 4 p.m.

Local seniors will be modeling fashions from Mandy's

The event is free. Refreshments will be served. Everyone is welcome.

THE BANNER-GAZETTE, Wednesday, March 17, 1982

Council for the Aging taking senior citizens out to ball park

South Central Indiana Council for the Aging and Aged, Inc., has announced plans to sponsor a Senior Citizens Day at the Ball Park. All people 60 years of age and older and residents of Clark, Floyd, Harrison, and Scott Counties are invited to attend the Cincinnati Reds game against the Atlanta Braves on Wednesday, April 14.

Air-conditioned buses will leave the Fifth Street Senior Citizens Center in New Albany and The Ken Ellis Center in Jeffersonville at 9:30 a.m. The price of the tickets are $9, which includes admission to the game and transportation to and from the game.

Tickets must be purchased by Thursday, April 1. Limited seating is available and tickets will be sold on a first come-first serve basis. Payment is to be made at the Fifth Street Senior Citizens Center in New Albany. Spectators can bring a sack lunch or eat at the stadium.

For reservations and further information, call Bobbie at 948-9701 or 948-2877.

The Tribune, New Albany, Ind., Tues., Mar. 9, 1982

ENERGY PUPPETS — William Gilbert and Lucille Reisz are holding two of the puppets that volunteers with the South Central Indiana Council for the Aging and Aged are using in programs on energy conservation at all the New Albany-Floyd County elementary schools. Clara Methley has been the narrator for the puppet show and Charles Locke has been active in the program. More volunteers and script writers are needed.

(Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Fri., Mar. 19, 1982

Fed. Retirees Hear Of RSVP Program

The New Albany Chapter of National Association of Retired Federal Employees held their monthly dinner meeting on March 9 at Lancasters Restaurant, Market Street, with Dale M. Johnson, president, presiding.

Mrs. Linda Cody was the speaker of the evening. She was a representative of the Retired Senior Volunteer Program (RSVP) of the Council for Aging and Aged of this area, which includes Floyd, Clark, Harrison and Scott counties. She spoke of the many activities of persons involved in the program, including the Recycling Program; dressing dolls at Christmas for the Salvation Army; visiting in the hospital and nursing homes; volunteers to assist at the Silvercrest Child Development Center workshop; Rythm Band and the latest volunteer activity which was initiated by the New Albany Letter Carriers, "The Carrier Watch Program." She also announced that the annual Senior Olympics is planned for September.

The business meeting followed. Officers gave their reports and committee chairman reported on actions taken by their committee during the month.

Paul Graf, Service Officer, reminded members that he had forms and information available on any questions members had concerning their benefits. Insurance booklets concerning Health Benefits are being mailed by the Insurance Companies, concerning recent changes. Members were reminded to study the tax forms to take advantage of tax benefits, and that assistance in filing tax returns was available at the Library on specific dates.

The Legislative Chairman urged members to keep posted on any changes contemplated by Congress concerning matters that effect retired employees. It was announced that the six month's delayed COLA will be reflected on annuity checks received in April.

Mrs. Mildred Voyles, a new member in the chapter, was introduced. Anyone who is a retired Federal employee, their spouse, or a current employee, 50 years of age with five years of service, is eligible to join the chapter.

The Civic Project of the Chapter continued with members brining food items for the pantry of the Interfaith Community Council.

It was announced that the Indiana State Convention of NARFE would be held at Columbus in June.

The Tribune's Southern Indiana Progress Edition, March 1982

Aging Council Is Filling Big Need

The South Central Indiana Council for the Aging and Aged has been in operation since 1973, offering a variety of programs to meet the health, social, economic and daily living needs of senior citizens.

Council director Thelma Bertrand said the loss of some government funding has resulted in staff reductions and additional cuts will continue to affect Council programs. However, "It is the intent of our agency to constantly assess and prioritize the needs of the elderly and make every effort to maintain the most needed services," she said.

The Council operates 17 nutrition centers and five senior citizen centers in Floyd, Clark, Harrison and Scott counties. The three nutrition centers in New Albany are located in Riverview Towers, Parkview Towers and Beechwood Community Cener. The New Albany Senior Citizen Center is located at 317 E. Fifth St.

An average of 10,850 hot meals are served each month at the nutrition centers. In addition to the meals, special programs and activities are scheduled. Hot meals are also delivered to elderly persons who are homebound.

The Council has eight vans and five station wagons which are used to transport an average of 4,000 persons monthly to the nutrition sites, doctors, clinics, nursing homes, shopping and other destinations.

An average of 353 people per month participate in blood pressure screenings and the Council schedules informational programs on topics such as nutrition, positive thinking, aurthritis, laser beam surgery and the CAT (computerized axial tomographic) scanner.

Last year 421 senior citizens who are members of the Retired Senior Volunteer Program (RSVP) contributed more than 45,000 volunteer hours to the community. The volunteers dress dolls that are distributed to disadvantaged children, knit mittens and make walker bags and lap robes for hospitals and nursing homes. One volunteer tutors at the adult learning center.

This year RSVP volunteers plan to set up a food cooperative for low-income senior citizens, provide clothing for a needy child, establish a friendly visitor program for nursing home residents, start a part-time low-cost babysitting service for a Mother's Day Out program and a puppet show to inform children about energy conservation.

The Council's information and referral service knows what community resources are suited to the needs of senior citizens. The program also issues senior citizen discount cards and keeps a list of area businesses that honor the card. A total of 4,150 discount cards have been issued. The Council has also published a four-county community resource directory and is working on a resource directory for handicapped and home-bound senior citizens.

The Council has several programs designed to allow the elderly to live in their own homes rather than in institutions. Needs of the elderly are assessed and they are helped to sign up for food stamps, social security, etc. In January 283 persons were assisted.

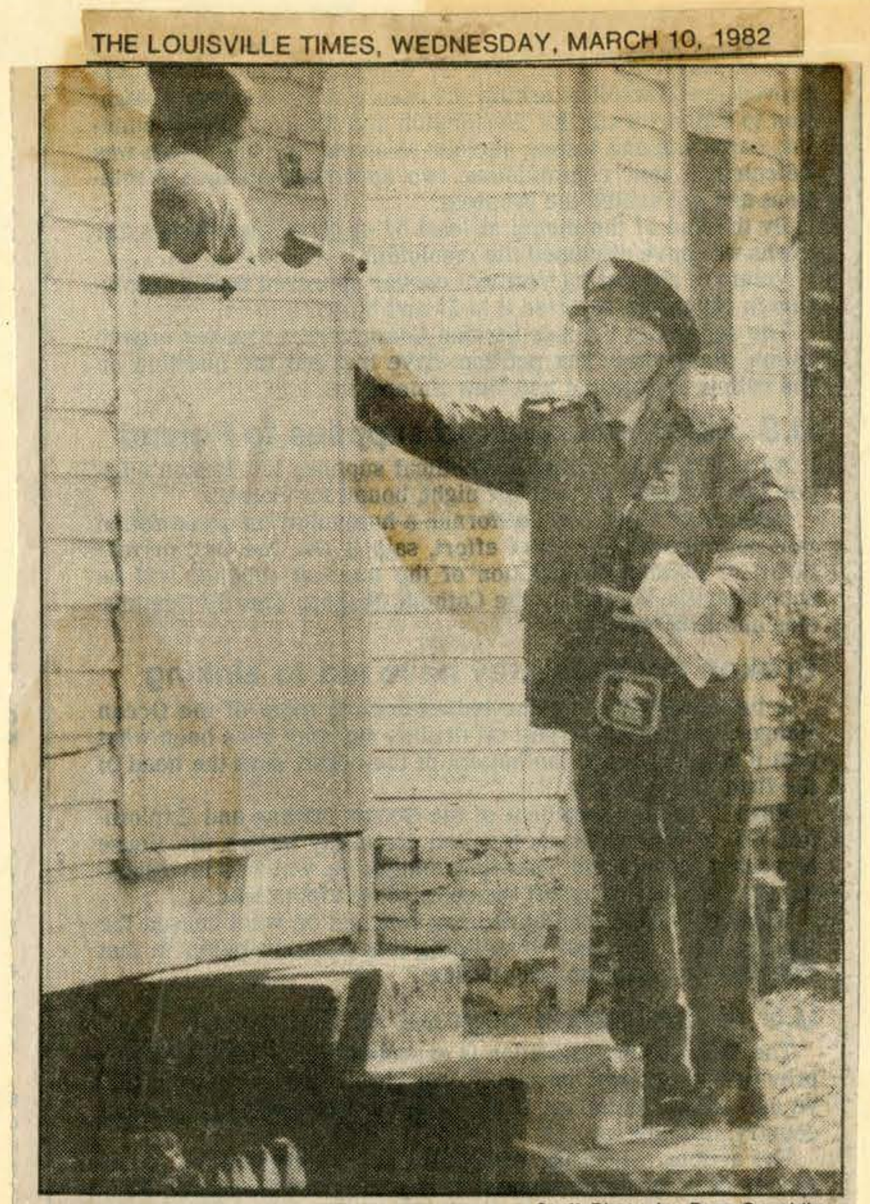
The homemaker-handyman program, which is the only program that has federal income guidelines, serves people who are unable to take care of their own homes. The services include housecleaning, occasional painting, rug shampooing, weatherizing, minor repairs, and occasional heavy cleaning such as defrosting refrigerators, oven cleaning and woodwork washing. An average of 288 senior citizens per month receive homemakers services and 195 receive handyman services.

Federal funds for the CETA handyman program were phased out last December, but six experienced older persons who did minor repairs for senior citizens have been retained by the Council. The Council is still accepting repair orders and the handymen will negotiate the cost. Senior citizens needing home repairs will pay for the service, but at a lower rate.

Last year the Council sponsored the First Senior Olympics. The events including horseshoes, bowling, fishing and a dance contest. Medals and ribbons were awarded to the winners. There were more than 100 contestants last year and this year's Senior Olympics is expected to triple in size.

Other special programs last year included selection of Ed Day as the Older hoosier of the Year and Margaret Rose Leap as the Senior Queen. The Council also sponsored Older Hoosiers Law Day, a cookie bake-off and trips to the Indiana State Fair, Kosair Shrine Circus, a Cincinnati Reds Baseball game and two ice skating shows.

THE LOUISVILLE TIMES, WEDNESDAY, MARCH 10, 1982



Staff Photo by Pam Spaulding

Letter carrier Ken Wiseman exchanged greetings with a resident of Chartres Street along his New Albany route this week. He and other carriers will be keeping a check on elderly people who live alone.

Postal carriers keep an eye on Floyd elderly

By DAVID INMAN
Louisville Times Staff Writer

The mail piled up at a house Ken Wiseman delivered to last year, and the veteran postal carrier became wary.

Wiseman checked with neighbors and relatives, and they found the only resident of the house — an elderly woman — had died of a stroke a few days earlier.

To keep that from happening again, Wiseman and other New Albany mail carriers are establishing a "carrier watch" program to keep an eye on older persons who live alone.

Postal carriers will ask older persons to fill out cards containing their addresses and phone numbers of neighbors and relatives who can be called in an emergency. The cards will be kept on file at the South Central Indiana Council for the Aging & Aged.

Mail carriers will place stickers on the homes of those participating.

New Albany Postmaster Carl Allen said carriers on all 32 mail routes in Floyd County have information about the program, and they hope to get things set up by Monday. As far as as he can tell, Allen said, the program is the first such effort in the state.

"There are similar programs in the East," Allen said. "But the uniqueness here is that the carriers have implemented it out of a sincere, human interest."

"Any regular carrier would know his or her route and normally perform the same kind of service," Allen said. "But normally, in the event of a substitute on the route, there would be no means to know the elderly people to watch out for. There's no means for the regular mailman to communicate with a replacement on the route."

Wiseman, a sub on the route when the woman died, was keenly aware of the problem when months later, an elderly man's mail started piling up.

When Wiseman didn't see the man for a day or two, he called one of the man's relatives. An ambulance was dispatched; the man had suffered a slight stroke, but paramedics were able to save him.

"So when I heard about this program, I thought it would be a pretty good idea," said Wiseman, a 25-year employee of the postal service.

"This isn't one of those cases where we're telling the people they have to have somebody checking on them," he emphasized. "But these people like to be independent and stay home as long as they can, and we can help them do that."

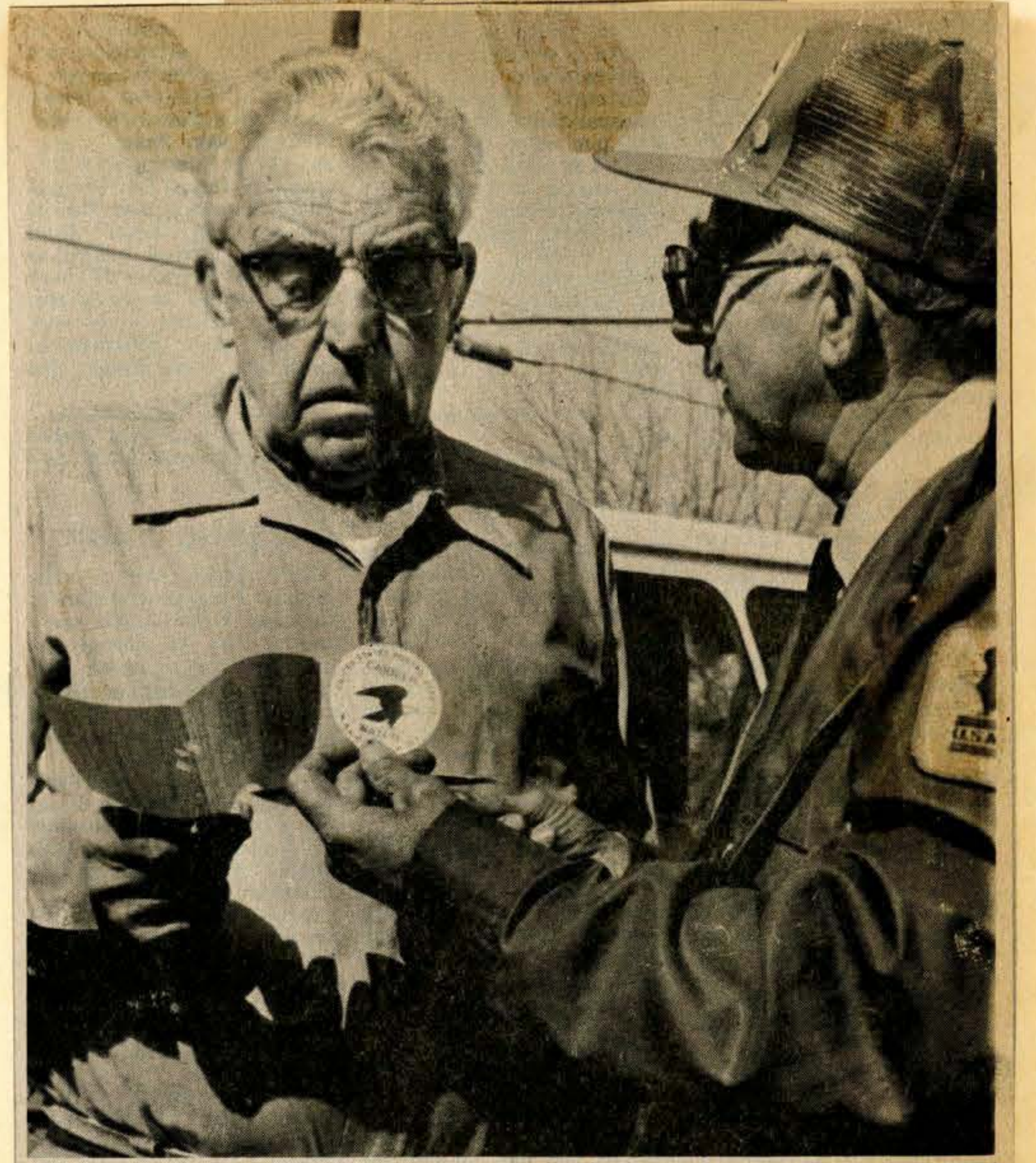
Nancy Shiner, program developer with the Council for the Aging, added, "Basically, in case something happens, it means that there'll be somebody watching out for you."

Allen agrees.

"It's another link in the chain of communication with older people," he said. "Neighbors take up some of the slack, but we're at their homes six days a week.

"And we have a lot of eyes out there."

The Tribune, New Albany, In., Tues., Mar. 23, 1982



CARRIER WATCH — Martin Matherly, left, of 1104 Ekin Ave., and mail carrier, Ken Wiseman, prepare for the Carrier Watch Program, sponsored jointly by the Postal Service and the Council for the Aged and Aging. The program allows mail carriers to be on the look-out for senior citizens' mail not being picked up, possibley indicating an emergency. The carriers will then contact the Council, who will get in touch with the person's family or neighbors to check on the situation.

(Tribune Photo by Don Beck)

Carrier Watch Program Helps Check On Elderly

When a fellow worker became ill, Postman Kenneth Wiseman substituted for him. He found one mail box with letters which had been delivered the day before still in it. Thinking that this was strange, but not being familiar with the people on this particular route, he decided to wait another day. On the next day, mail from the two previous days had accumulated. Wiseman made a phone call, and the house was entered. The elderly lady was found dead.

Some time later Wiseman was again substituting for an ill carrier. He found a mail box with yesterday's mail not picked up. Remembering the earlier incident, he immediately called a member of the family. The ambulance arrived and found an elderly man who had had a mild stroke. The quick action saved this man's life.

Some people think that these incidents happened in large city where no one knows his neighbors, but they didn't. They happened in New Albany.

Although Wiseman is retired from the New Albany Post Office now, these two incidents are etched in his mind. His interest in preventing this from happening again was sparked when he hard about the Carrier Watch Program. Wiseman approached Carl Allen, Head Postmaster at New Albany. Allen was interested in this program and formed a committee with Larry Miller, president of National Association of Mail Carriers, Branch 367' Charles Daughery, secretary of Branch 367; and Wiseman, past president of Branch 367.

The committe realized that it needed another agency - preferably one which deals with the elderly - to implement this program. The logical agency was the South Central Indiana Council for the Aging and Aged, Inc., which is under the direction of Thelma Bertrand and which has served senior citizens for nine years.

The Carrier Watch Program became a reality in Floyd County on March 15, and is the first in the state of Indiana. The motto of this program is: "One day a month, you watch for your mail carrier; 26 days a month, your mail carrier will watch for you."

In the next few weeks, mail carriers will be enrolling senior citizens in this program. Also the Council will be sending flyers to senior citizens who attend the Riverview, Parkview, and Beechwood Nutrition meal sites or who participate in the Nutrition Homebound program, the activities program or the Retired Senior Volunteer Program in Floyd County. The elderly served by the Title XX personal care assessor in Floyd County will also receive flyers.

The senior citizen who wishes to be placed on the Carrier Watch Program will complete a card giving names, addresses, and telephone numbers of relatives, close friends, or neighbors who could be called in an emergency. When a senior citizen enrolls in this program, he must agree to two stipulations: 1. The senior citizen understands that the mail carrier will be looking for him any time a day's mail has accumulated in the box; 2. He will contact the Council for the Aging any time is going to be away at least twenty-four hours or anytime a day's mail might accumulate. All information will be kept confidential.

Upon receiving the Carrier Watch Card, the carrier will place an emblem on the mail box. Any carrier seeing this emblem will be aware that an elderly person is enrolled in the program. When a mail carrier finds the mail which has been delivered the day before and cannot get a response at the door, he will call the Council for the Aging.

Once the carrier has made his phone call, the responsibility becomes the council's. When the call is received, Guy Roehm, information and referral specialist, will first check his records of people who are away from home. If he has no record, he will begin checking on this person by calling the person himself, a relative or a neighbor. If he cannot contact any one, Roehm will call the New Albany Police Department, who will check the house to see if the person needs help.

The Carrier Watch Program is a joint project of the New Albany Post Office and the South Central Indiana council for the Aging & Aged, Inc. This program is heartily endorsed by Mayor Robert Real.

For further information contact Nancy Shiner at 948-8330.

THE INDIANA WEEKLY, WEDNESDAY, MARCH 24, 1982

Cookie champions

First senior citizens bake-off is a scrumptious St. Pat's success

By BARRETT SHAW
Indiana Weekly Staff Writer

Green and goodies were the order of the day last Wednesday at the Ken Ellis Center in Jeffersonville.

The occasion was a combination St. Patrick's Day celebration and final judging of the Senior Citizens Champion Cookie Bake-Off, sponsored by the South Central Council for the Aged and Aging.

There was a good crowd for a covered dish lunch, music, bingo and an auction of items made at the center, and one of the highlights was a parade and contest to select the person wearing the most green.

There were some strong competitors. In addition to the obvious green dresses, suits, sweaters, hats and shoes, some claimed they were wearing green items not readily visible.

One lady had on her granddaughter's green leotards. It would have been hard to top another's pale green hair. (She also submitted that she had a green thumb.) But for originality and audacity, Thelma Bertrand, executive director of the council, won applause for her green tongue.

The serious business of the day was judging the cookies of the five finalists from bake-offs held at the various senior centers in February. The recipes from all the entries submitted have been collected in an Area 14 Cookie Recipe Book to be published later this year.

Judges from the council were Thelma Bertrand; Bobbie Napier, director of the Council for Older Americans; and Phyllis Brown, bookkeeper for Title 20.

The first prize winner will be Area 14's entry in the Senior Citizens Cookie Bake-Off at the 1982 Indiana State Fair. She is Mary Dunn of Jeffersonville, who was the Ken Ellis Center's representative in the contest. All the judges agreed that her lucious lemon squares were accurately named.

Photos by Georgia MacDonald

Judges from the South Central Council for the Aging and Aged, above, tallying the score at the Senior Citizens Cookie Bake-Off were, from left, Thelma Bertrand, Phyllis Brown and Bobbie Napier. Below, first prize winner Mary Dunn of Jeffersonville, left, received a gingerbread man cutting board from 1980 Area 14 Senior Queen Clara Mae Mathley of Speed.

dients. Mix thoroughly. Form dough into balls the size of small walnuts. Roll in topping mixture. Place about 2 inches apart on ungreased cookie sheet. Bake at 400 degrees 8 to 10 minutes until lightly browned but still soft. Cookies will puff up at first, then flatten out with crinkled tops. Yields 4 dozen.

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Martha Stepp's oatmeal cookies, large, dark, soft and spicy, were the Floyd County entry.

AT MEAL SITE — Senior citizens meal sites are located throughout the four-county area served by Area 14 of the Council for the Aging and Aged. These ladies have finished a meal at Parkview Towers. Clockwise from left are, Mary Gerdon, Emma Leffler, Nellie Haller, Delia Cates, Vivian Vest, Mary Thomas, Virgie Black and Flora Atkins.

BLOOD PRESSURE SCREENING - Mary Cotton, a nurse from the New Albany Nursing Home, volunteers services taking blood pressures at various meal sites and activities centers throughout the area. Getting her pressure checked is Cecil Williams, as Jacob Houghlin and Mary Carmickle, Beechwood Meal Site director, look on.

The Tribune, New Albany, Ind., Fri., Mar. 26, 1982

Senior Citizens Day At The Ball Park

South Central Indiana Council for the Aging & Aged, Inc., announces "Senior Citizens Day at the Ball Park." All people 60 years of age and older and residents of Clark, Floyd, Harrison and Scott counties, are invited to root the Cincinnati Reds on to victory over Atlanta on Wednesday, April 14.

An air-conditioned bus will leave the Fifth Street Senior Citizens Center, 317 East 5th. St., and the Ken Ellis Center, 211 Martin Circle, Jeffersonville, at 9:30 a.m.

The price of $9.00 includes ticket to the game and transportation to and from the game and must be paid in advance by Thursday, April 1. Limited seating is available. First come-first serve basis. Payment is to be made at the Fifth Street Senior Citizens Center in New Albany.

Spectators can bring a sack lunch or eat at the stadium. For reservations and more information, call Bobbie Napier at 948-9701 or 948-2877.

CRAFTY — This group of women, members of the Council for Older Americans, spend their days on interesting craft items at the Fifth Street Senior Citizen Center, sponsored by the South Central Council for the Aging and Aged. From left are Mary A. Smith, Dorothy Farnsley, Lou Chism and Elizabeth Young.

There's Plenty To Do Around Here

Senior Citzens Keep Busy Through Local Council

The South Central Indiana Council for the Aging & Aged, Inc., serves people sixty years of age and older in Clark, Floyd, Harrison, and Scott Counties. It is an "umbrella agency" which has the Council for Older Americans, the Nutrition Program, Retired Senior Volunteer Program, Health Services Program, Title XX Social Services Program, and the Information and Referral Program.

Thelma Bertrand is executive director of the Council.

Title XX Social Services under the coordination of Sherrill Zimmerman has three major components: Activities, Personal Care Assessment, and Homemaker-Handyperson. Title XX is also sponsored by the Commission on Aging and the Indiana Office of Social Services.

The Day Activities Program provides recreational, educational, cultural, and social activities at the Ken Ellis Center, 211 Martin Circle, Jeffersonville. This program includes bingo, macrame, sewing, exercise classes, spiritual awareness, music appreciation, plaster crafts, needlepoint, ceramics, shopping trips, cards, handicrafts and blood pressure screening once a month. In addition to Day Activities, a homebound activity program makes regularly scheduled home visits to its recipients.

Under the second component of Title XX are programs which keep the elderly in their own homes and out of institutions. The Needs Assessment assesses the elderly and their needs. The Personal Care Assessors then link the needs of the elderly with services that can meet those needs. This includes signing the elderly up for other Title XX programs, assisting with applications for food stamps, social security, SSI, etc., and escorting the elderly to these services or arranging for transportation. If a homebound elderly person is unable to prepare his own meals or has no one to do so, meals will be delivered to that person under Title XX in cooperation with the Nutrition Program.

The Homemaker-Handyperson program serves people who are unable to take care of their own homes and includes housecleaning, occasional painting, rug shampooing, weatherizing, doing minor home repairs, and occasional cleaning (defrosting refrigrerators, oven cleaning, washing woodwork, etc.).

Nutrition Sites Are Available

Another major aspects has been *the Nutrition Program* which provides a hot nutritious meal to people 60 years of age and over.

The Council was started in 1973 and in October of that year, Mrs. Bertrand opened six Nutrition Meal Sites which served 150 people daily. Today the Nutrition Program has 17 meal sites which serve approximately 10,850 hot meals a month. In addition, approximately 8,066 hot meals a month are delivered to the homebound senior citizens.

Angela Cook, Nutrition Director, states that the purpose of the meal sites is two fold: to assure that each person sixty and older has access to at least one hot nutritious meal a day and to provide a setting for social contact, leisure activities, and educational programs.

For senior citizens the cost of the meal is by donation only. For persons under sixty, the cost of the meal is by donation only. For persons under sixty, the cost of the meal is $2.50. Each meal site is open five days a week, Monday through Friday. On minor holidays, the meal sites are open; on major holidays a box lunch is provided. In addition, all meal site participants will receive five emergency meals so that each person will have food in case the meal site is closed by inclement weather.

Among the activities scheduled at the meal sites are monthly blood pressure screenings, informative programs on legal matters, nutrition education, sing-alongs, birthday parties, leisure and social activities such as bingo and cards, organized trips, health programs and screenings for health related disorders.

Any senior citizen wishing to attend a meal site must make a reservation twenty-four hours in advance by calling the nearest meal site or the main office at 948-8873.

The meal sites are located in the following places: Charlestown Community Center - 253-3941; Clark Arms Apartments, Jeffersonville - 283-8800; Ohio Falls C. B. Club, Watson - 246;3936; Silver Creek Civic Center - 246-9414; Farington Apartments, Clarksville - 283-9968; Claysburg II Towers, Jeffersonville - 283-8976; Green Tree Village, Clarksville - 282-7761; Henryville Community Presbyterian Church - 294-9063; Beechwood Community Center, New Albany - 945-8842; Parkview Towers, New Albany - 945-3225; Riverview Towers, New Albany - 945-8026; Scottsburg Senior House - 752-4134; Austin Senior Citizens Center - 794-9276; Borden Red Carpet Diner - 967-2329; Corydon Senior Citizens Center - 738-3065; Frenchtown St. Bernards Church - 347-2087, and Hillview Apartments - 738-8968.

Health Education

The Health Services Department of the Council On Aging provides free blood pressure clinics, once each month, at 16 meal sites throughout the four county area. In addition to this service, a major responsibility of this department is health education. An average of two health education programs are held each week at various sites. The aim of these educational programs is to keep senior citizens aware of current breakthroughs and problems in the field of healthcare which may affect their personal health.

Some of the topics covered by the agency in the past few months are: "Nutrition," Legend and Non-Legend Drugs, "The Aging Process," "Arthritis," "Mental Health," "High Blood Pressure" and "Stress."

The Health Services Department works in conjunction with other agencies and individuals in putting on these educational programs and blood pressure clinics. Recognition should be given to Floyd Memorial Hospital, Floyd County Health Department and the following nursing homes: New Albany Nursing Home, Jeffersonville Nursing Home, Corydon Nursing Home and Scottsburg Nursing Home.

RSVP Program

The Retired Senior Volunteer Program is also sponsored by the Council. Currently they have 421 volunteers in the four counties of Clark, Floyd, Scott and Harrison. These volunteers contribute over 45,000 hours per year in service to their communities.

RSVP volunteers work in nursing homes, visiting with the residents and conducting bingo games. A few of the area nutrition sites volunteers help serve the meals, set tables, and clean up. RSVP mans a recycling center at L.C. Nadorff and Son Distributors on Wednesday afternoons. The volunteers weigh the cans, process the aluminum and pay the seller. Their share of the profits go to help reimburse volunteers for mileage, operate the RSVP van, provide recognition for volunteers and support other programs.

The Floyd County Rhythm band is sponsored by RSVP. This group entertains regularly at area nursing homes and senior centers. RSVP volunteers are active at area hospitals working in gift shops, information desks and mail rooms. The Walking Books program is a cooperative effort with RSVP, the Council for Aging & Aged and the New Albany-Floyd County Library.

Future plans for the RSVP include an energy conservation project geared for primary age children; a food buying cooperative aimed at providing low cost food to the elderly; and a "mother's morning out" babysitting program. And, of course, RSVP is always working to improve and expand existing programs.

Council For Older Americans

The Council for Older Americans, Inc., serves people sixty years of age and older and residing in Clark, Floyd, Harrison, and Scott Counties by providing five separate programs: Transportation, Activity Centers. Home Maintenance, Home Services and Barrier Free. The director of this council is Ms. Bobbie Napier.

The transportation program consists of eight vans and three station wagons. Senior citizens are transported to essential services, such as medical appointments, grocery shopping, bill paying, and to and from nutrition meal sites. One of the vans is equipped with a wheelchair lift to serve the handicapped senior citizens. Two of the station wagons are allowed to transport Clark and Floyd County residents into Louisville for medical purposes only. On an average the transportation program will make approximately 4,169 trips during a month of service.

A person must call twenty-four hours in advance to make an appointment for transportation. The number to call in Clark and Floyd Counties is 948-9701. One van is located in Scott County and the number to call there is 752-4131. One van is located in Harrison County and the number to call there is 738-3065.

The Activity Centers are used to promote social, recreational, educational, and spiritual well-being of senior citizens. Many exciting and beneficial activities are scheduled each month - ceramics, sewing, handicrafts, siritual awareness, bingo, cards, exercises, mental health talks, and blood pressure screenings. The centers are located at 317 Fifth St., New Albany, 948-9701; Clark Arms, Jeffersonville, 283-8800; 625 High St., Charlestown, 256-3941; 123 Mulberry St., Corydon, 738-3065; 183 S. 2nd St., Scottsburg, 752-4134.

The Home Maintenance program is designed to help senior citizens who are not able to make the necessary minor repairs needed at their homes. The number to call to inquire about this program is 948-0147.

The Home Services program is to help senior citizens who are not able to do their housework because of an illness or injury. Both this program and the Home Maintenance program are designed to keep the older person in his own home longer. The number to call about the Home Services program is 948-9423.

The Barrier Free program is used on a consulting basis to assist individuals or businesses who have not compiled with curb cuts, etc., in order that the handicapped will have an easier time maneuvering around the town of home. Frank Mardis, the Barrier Free Consultant, recently received the distinguished service award for his work with the handicapped.

The Council for Older Americans, Inc., invites senior citizens to use its many programs. It is a subgrantee of the South Central Indiana Council for the Aging & Aged, Inc., and is located at 134 E. Main St. in New Albany.

Other Programs

Other special programs include the selection of the Older Hoosier of the Year and the 1982 Senior Queen, Older Hoosiers Law Day, the 1982 Cookie Bake-Off, and trips to the Indiana State Fair, Kosair Shrine Circus in Louisville, Cincinnati Reds Baseball games, and the Ice Follies and Holiday on Ice show.

They have published a four-county community resource directory and are in the process of working on a resource director for the handicapped and home bound senior citizens with the New Albany Pilot Club.

The agency is cooperating with the post office in a Carrier Watch service, allowing postal carriers to be on the look out for mail that has not been picked up by senior citizens, possibly indicating illness.

The Information and Referral Program, headed by Guy Roehm, allows senior citizens to call the Council for information and referral regarding aspects of their daily life.

Senior citizens are invited to utilize the many services of the Council. For more information contact 948-9161.

PEOPLE

Tribune Photos By
Jane Alcorn
And Bev Tully

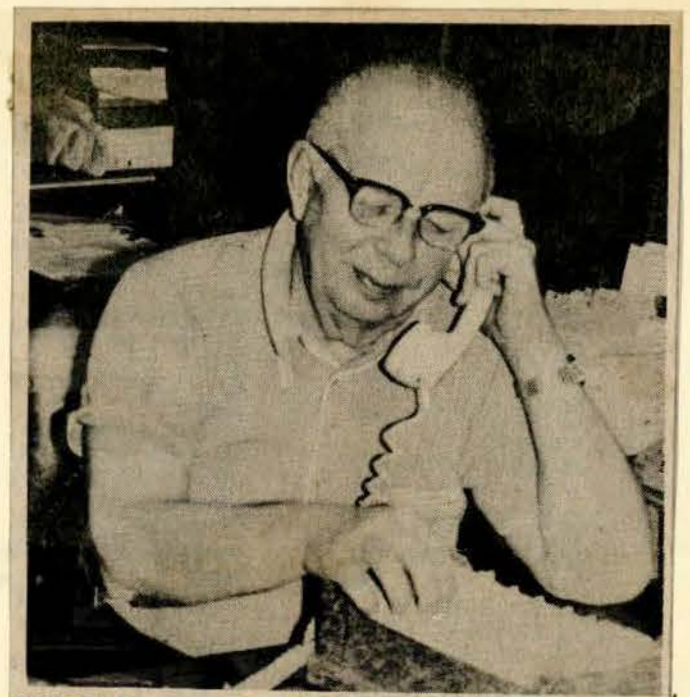
AT RECYCLING CENTER — Forrest Drier, left, and Art Shivel, collect aluminum cans at the recylcing center at 18th and Stone streets. Senior citizens, under the Retired Senior Volunteer Program, man the center on Wednesday afternoons.

(OVER)

FOR ENERGY CONSERVATION — An interesting and informative puppet show is being prepared by several senior citizens to be taken to area elementary schools. Clara Mathley, seated, will be narrating the program. Charlie Locke built the scenery. The puppets were made by Geconia Calfee, not pictured. The puppet show is part of the RSVP program.

SENIOR
SOUTH C
COUNCIL FOR

TRANSPORTATION AVAILABLE — Eight vans and three station wagons are available from the Council for transporting senior citizens to activities, doctor's appointments, groceries, etc. Lou Chism prepares to board a van as driver, Melvin Bare, opens the door.



INFORMATION AND REFERRAL — Guy Roehm heads up the Information and Referral program sponsored by the Council for the Aging and Aged. The service is a quick resource for those providing needs of seniors. It helps refer around 150 people a month and offers Senior Citizen discount cards.

TUESDAY, MARCH 30, 1982

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

A sepcial program in observance of "Nurtition Awareness Week" was held at the Claysburg II Towers nutrition site sponsored by the South Central Indiana council for the Aging and Aged. Inc. Pictured from left, first row, seated, are Alberta Hook, Hettie Ashton, Stella Crum, Gertrude Jones and Helen Harrison; second row, standing, Era Ross, Cora Wilson, Rachel Middleton, Carolyn Wells, site manager; Nyla Kay Winburn, guest and Linda Stewart, guest.

The Clark Arms Apartment meal site of the South Central Indiana Council for the Aging and Aged, Inc., celebrated "Nurtition Awareness Week" with a special program conducted in the hospitality room of the apartment complex. Pictured from left, first row, are Doris Kaskie, Ruth Powell, Ethel Caldwell, Sarah Roberts, Mary Boyce, Allean Weber, Margaret Boyce, Marie Allen and Angela Cook, nutrition director for the South Central Indiana Council for the Aging and Aged,Inc.; second row, Scott Stewart, guest speaker, Carolyn Burgess, site director, William Steadman, Lucille Steadman, Loretta Reed, Rebie Lentz and LaVerne Dye.

Wednesday, Mar. 31, 1982
The Austin CHRONICLE and
The SCOTT COUNTY JOURNAL
'YOUR local newspapers'

Jean Bradford, nutrition assessor of the Southcentral Council for the Aging and Aged of Area 14, gave a lesson on nutrition awareness to several Senior Citizens at the Scottsburg Senior House recently.

She discussed the basic four groups needed in the diet as well as the need for vitamins, minerals and protein.

Pictured at the luncheon with her are Oma Jones, Anna Fish and Lois Voyles, all seated. Standing are Mabel Johnson, Ethel Shirley, Clara Bonsett, Doris Belcher, Bob Fish, and Mae Hougland.

(Staff photo)

Wednesday, Mar. 31, 1982
The Austin CHRONICLE and
The SCOTT COUNTY JOURNAL
'YOUR local newspapers'

These ladies with the Jennings Township Senior Citizens in Austin, appropriately bedecked in green, were all ready to celebrate St. Patrick's Day.

Irish green was the order of the day as the senior citizens enjoyed cake decorated for the occasion.

(Staff photo)

Wednesday, Mar. 31, 1982
The Austin CHRONICLE and
The SCOTT COUNTY JOURNAL
'YOUR local newspapers'

Local Kiwanians Complete Special Telephone Project

The Scottsburg Kiwanis Club recently completed their spring project, which involved the installation of 'hard of hearing' telephones in selected area locations.

The phones are equipped with amplifiers which allow a person with a hearing problem to adjust the volume to match their hearing. Purpose of the project, a spokesman said, is to help enable persons with communications disabilities of this type to use the telephone system.

Phones were installed at the Scott County Senior House, Williams Manor Nursing Home, and Scottsburg Nursing Home, with the assistance of Continental Telephone Systems of Indiana.

Shown with one of the special phones in the photo above are Larry Lee of the Scottsburg Kiwanis Club, Barb Fleenor of Williams Manor Nursing Home, and Steve Phillips of the Kiwanis Club and Continental Telephone.

(Stan Harrod photo)

THE BANNER-GAZETTE, Wednesday, March 31, 1982

Rain, snow, sleet, or hail, carriers care about untouched mail

By Roger Moon

A total of 36 elderly residents of New Albany had, as of March 26, signed for participation in the new "Carrier Watch" program that has been established by the New Albany Post Office and the South Central Council for the Aging and Aged, Inc.

Designed as a means of detecting when an elderly mail patron might have health-related or other problems, the Carrier Watch program is simply a system whereby contact is made with an elderly resident every day. If there are indications that the person is experiencing a problem, the matter is investigated.

Both the council and the carriers are encouraged by the response that the program has had since it began on March 15. The council's executive director, Thelma Bertrand, who reported the total participation as 36, also said that more cards requesting participation are arriving in her office very day.

Kenneth Wiseman, a New Albany mail carrier, and the brainchild behind the local program, said he noticed that two or three of his patrons mailed cards on Monday requesting participation and he was sure other carriers also picked up cards that day. Wiseman said of the program, "I think it is going over pretty good. As people learn about it, they are taking advantage of it."

Wiseman's interest in forming such a program was prompted by two recent incidents. Once while he was substituting for another carrier, he noticed that a patron's mail from the previous day had accumulated. He thought it strange, but since he was not familiar with the people on the route, he decided to wait another day. On the next day, the mail from the previous two days had accumulated. Wiseman made a phone call and when the house was entered the elderly woman was found dead.

Some time later Wiseman was again substituting for an ill carrier when he noticed that a patron's mail had accumulated. Remembering the earlier incident, he immediately called a member of the family. An ambulance arrived and found an elderly man who had had a mild stroke. Wiseman's quick action saved the man's life.

Then Wiseman heard about the Carrier Watch program and discussed with New Albany Head Postmaster Carl Allen, the possibility that a local program might be organized. Allen was interviewed, a committee of postal workers was formed, the committee approached the council for the aging for its assistance, and the program became a reality.

The program calls for interested senior citizens to complete an information card giving names, addresses, and telephone numbers of neighbors, close friends, and relatives. Participants agree to certain stipulations on the card, which is then returned to the council and is kept on file with all information remaining confidential.

A system has been devised whereby carriers can recognize the homes where program participants live. If mail accumulates at one of those homes the carrier first tries to get a response from the patron. If the carrier fails, the council is notified and if their records do not show that the person has planned to be away from home, the matter is investigated. If the council can get no response by calling the patron, or one of the numbers a patron has provided, the New Albany Police Department is asked to assist.

The Carrier Watch program in New Albany is a pilot program. If it continues to meet its goals, then the council plans to work with post offices in the other communities it serves in Floyd, Clark, Harrison, and Scott Counties, in trying to establish similar programs.

Mrs. Bertrand said, "We are delighted with the response. We hope it will encourage other people to take advantage of the program."

She explained that it is very reassuring for senior citizens to know that someone will be checking on them every day. She has seen this demonstrated in the nutrition program the council coordinates. There have been cases, she said, where an elderly person, who participated in the nutrition program, has had a fall, but did not panic because the person knew someone would be coming to deliver their meal.

The Carrier Watch Program has a motto: "One day a month, you watch for your mail carrier; 26 days of the month, your mail carrier will watch for you."

Anyone desiring more information about the Carrier Watch program should call 948-8330.

The Tribune, New Albany, Ind., Wed., Mar. 31, 1982

Mail Carriers Watch Will Help Aged

One of the deepest concerns for children regarding their elderly parents living alone is that something may happen to them and they would be unable to let anyone know.

Many elderly people can be immobilized by a minor fall. They can have heart or blood system seizures and be unable to move.

This problem also haunts older people as well as their children.

Recognizing this, our local mail carriers have instituted a special "Carrier Watch" program.

Mail delivery men and women know which of the residents on their routes are living alone and are elderly. And certainly if they find a mail box filled with yesterday's mail they begin to have fears that the person is incapacitated.

In the past there was no practical method to check this out. But now that has changed with the Carrier Watch program.

This is the first program of its kind in Indiana. This month carriers will be enrolling elderly residents on their routes in the program. Flyers are also being distributed explaining the program.

The senior citizen who wishes to be placed in the program simply fills out a card with their own name and address and phone numbers of relative, close friend or neighbor who is willing to check on them in an emergency.

Those who enroll agree to clear every mail drop out of the box because they know the carrier will be looking for them if the previous day's mail accumulates.

They also agree to contact the Council for the Aging Carrier Watch Center if they plan to be away from home for more than 24 hours. All information is kept confidential.

Every resident who joins the program gets a Carrier Watch emblem for their mailbox.

Then when a mail carrier finds the mail which has been delivered the day before still in the box and he can't get a response at the door, he will call the Council for the Aging Carrier Watch Center. They will dispatch someone to make a physical check. If necessary they will also call the city police to make a check.

This program is excellent. It will give considerable peace of mind to many families and increase the feeling of security for many senior citizens.

Our hats are off to our local Mail Carriers who intitiated and will carry through this program.

Ledger-Tribune, New Albany, In., Sun., Apr. 4, 1982

Cookie Bake-Off Winners Announced

The South Central Indiana Council for the Aging & Aged, Inc., announces its Grand Champion Cookie Bake-Off Winner. Mary Dunn of Jeffersonville won first place with her entry Luscious Lemon Squares.

The Grand Champion Cookie Bake-Off was held at the Ken Ellis Center on St. Patrick's Day. All participants had won in one of the local contests held at Corydon, Charlestown, Jeffersonville, New Albany and Scottsburg.

Daisy Beanblossom of Corydon was awarded second place for her Orange Cookies and Alma Gray of Scottsburg won third place with her Snickerdoodles.

Other entries were Oatmeal Cookies baked by Martha Stepp of Sellersburg and Hello Dolly Cookies made by Pete Whitney of Charlestown.

The Cookie Bake-Off was held in conjunction with the St. Patrick's Day Party. Approximately one hundred people participated in the covered dish dinner, the sing-along led by the Retired Senior Volunteer Program's Rhythm Band, and bingo. After the Cookie Bake-Off, a Wearing of the Green Parade was held. Ona Jones of Scottsburg and Charles Whalen of New Albany received prizes for wearing the most green.

All local first prize winners will be invited to represent Area 14 in the Senior Citizen Cookie Bake-Off at the 1982 Indiana State Fair.

All cookie recipes will be included in an Area 14 Senior Citizen Cookie Book which will be available the first part of June.

The Tribune, New Albany, In., Tues., A

The

Ear Laser Surgery Program

New Albany's Dr. Daniel Akin, who specializes in Ear, Nose, Throat, Head, Neck and Cosmetic Surgery will speak at Beechwood Community Building on Thursday, April 8 at noon on "Ear Lazer Surgery."

This program, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. is free of charge.

For more information call: 948-8330.

Ledger-Tribune, New Albany, In., Sun., Apr. 11, 1982

EXPLAINING LASER SURGERY — Dr. Daniel Akin right, uses a enlarged cross section of a ear display to explain how the new laser surgery is performed to one of the senior citizens luncheon at the Beechwood Community Center. The interested listener is George Obendorfer of Clarksville. The lecture and slide presentation by Dr. Akin was sponsored by the South Central Indiana Council for the Aging and Aged Inc. (Photo By Don Beck)

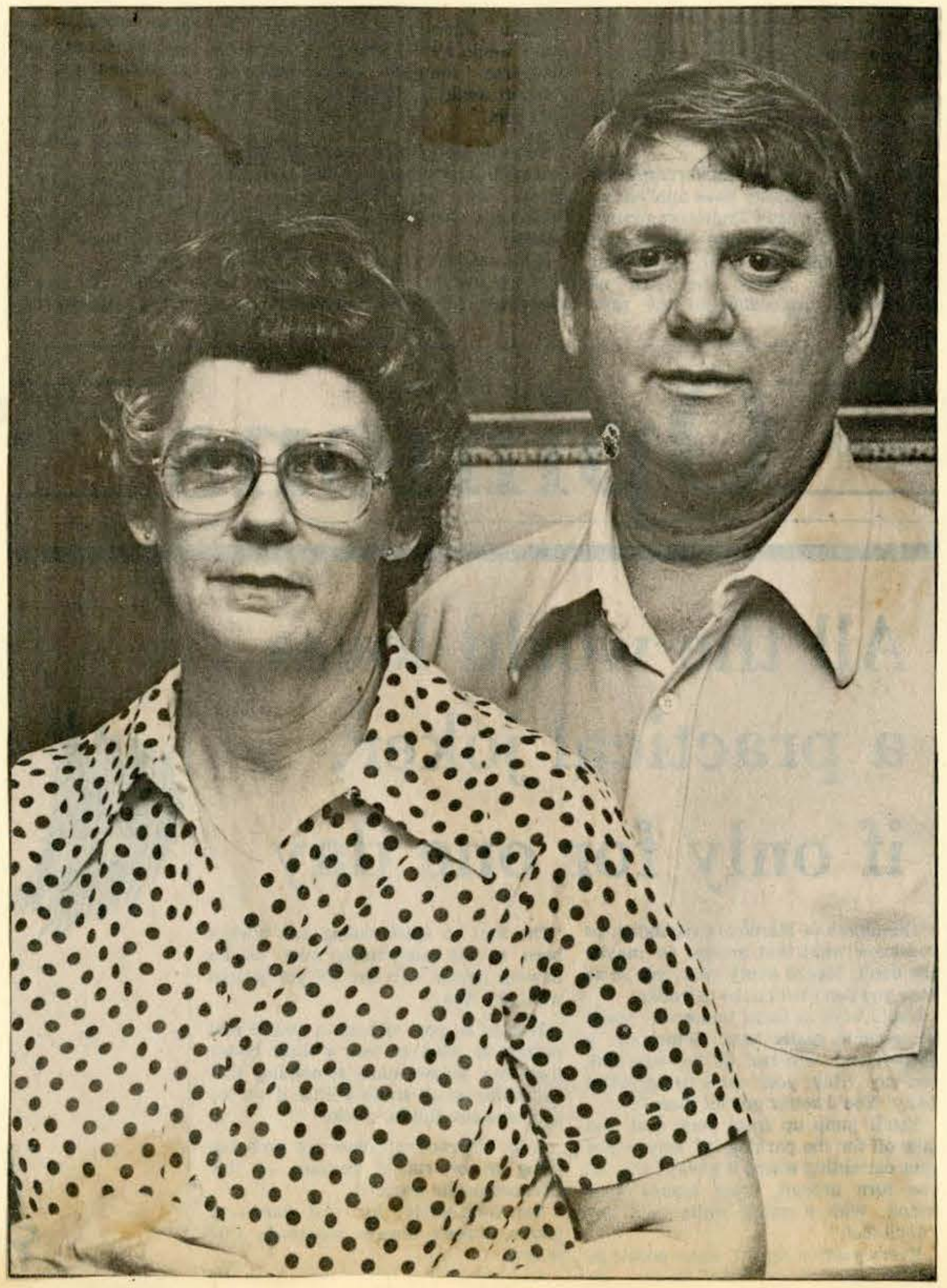
WEDNESDAY, APRIL 7, 1982

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The Ken Ellis Senior Opportunity Center held a special program with Mrs. Lee Hamilton serving as guest speaker. Pictured from left are Fannie Jumper, assistant activities coordinator; Mrs. Lee Hamilton, guest speaker; Thelma Bertrand, executive director for the South Central Indiana Council for the Aging and Aged, Inc. and Sue Johnson, activities coordinator.

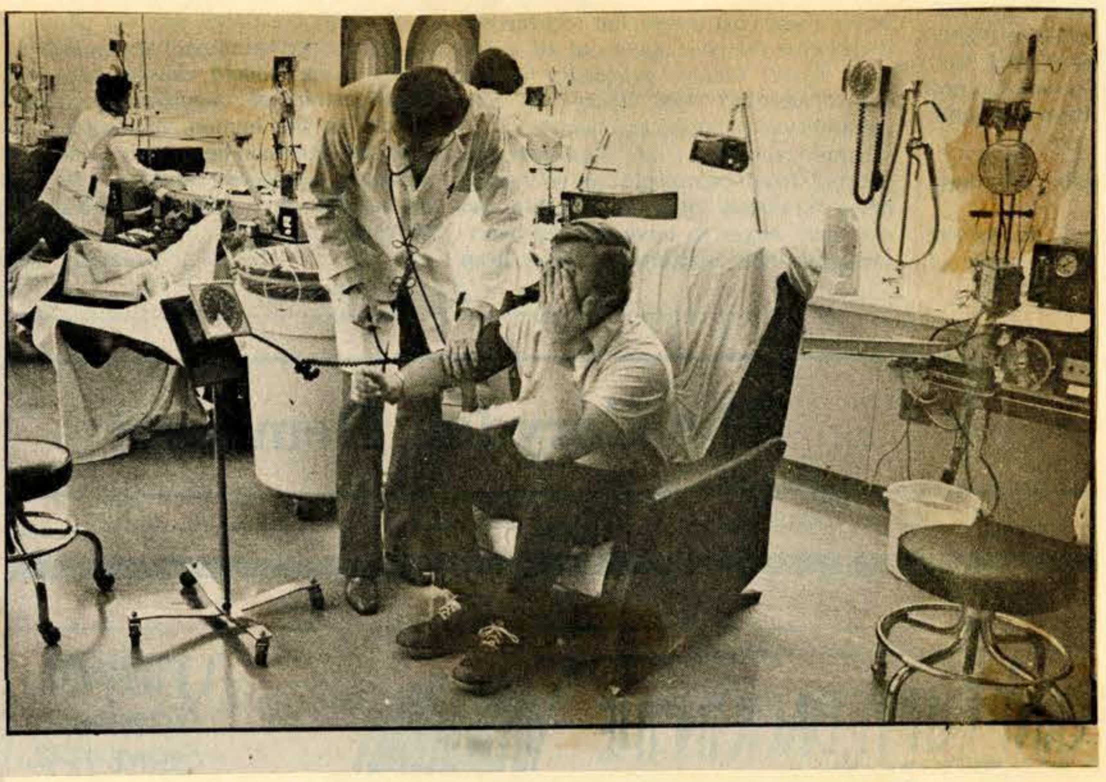
The Corydon Democrat

March 31, 1982

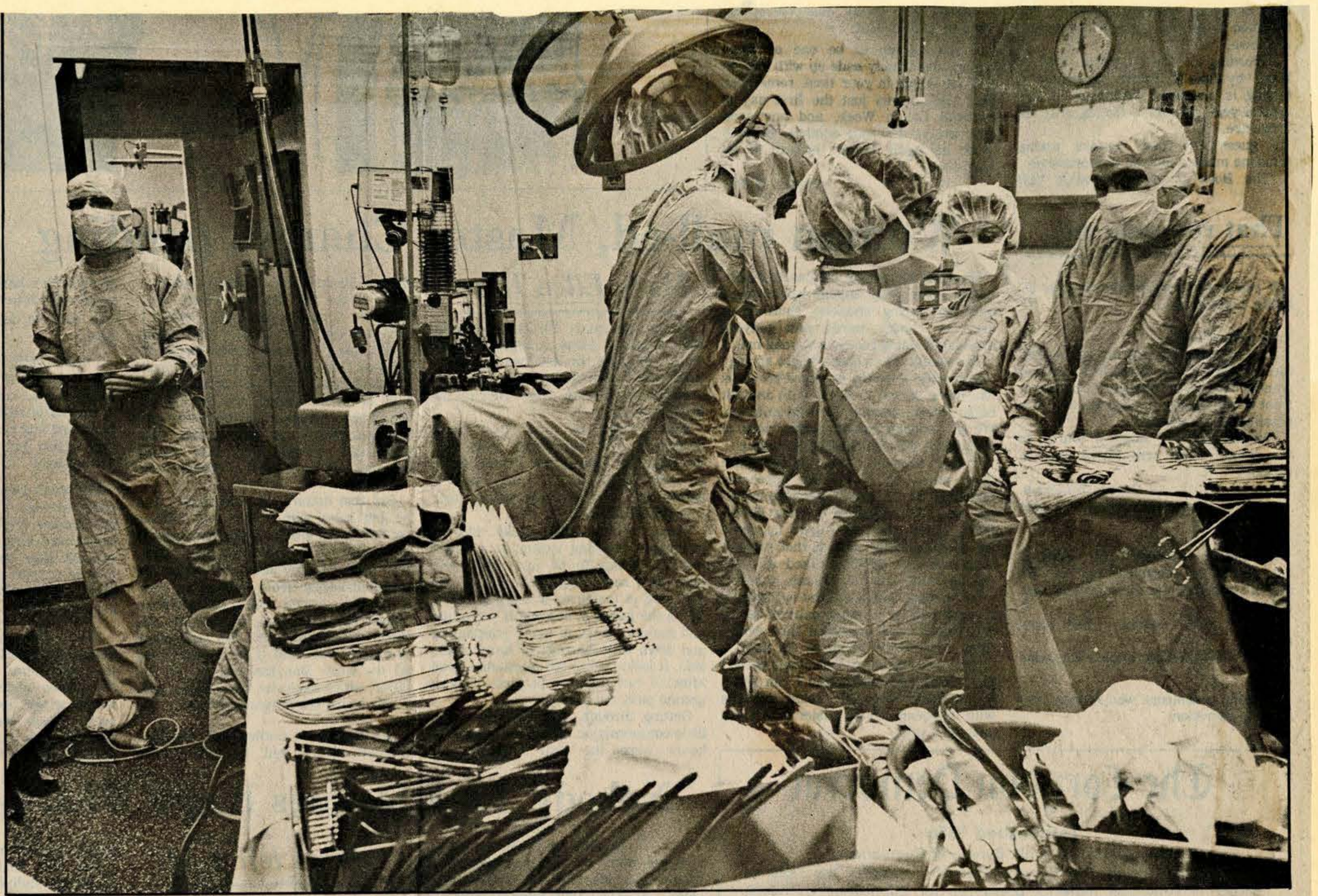


A Gift of Life

Corydon man gets a second chance with sister's kidney



Weary from 3½ hours of kidney dialysis, Herbert Woertz Jr., of Corydon, has his blood pressure checked at the Kidney Center in Louisville. Below, Herb's wife Jan and his sister Donna Caughey exercise on Pfrimmer's Chapel Road. Donna was told to lose weight before she could donate a kidney to her brother — she lost over 50 pounds. At far right, Herb and Donna a week before their kidney transplant operations.



Transplant specialist Ken Richardson brings Donna's kidney into Herb's operating room for the transplant at Jewish Hospital in Louisville on March 18.

STORY AND PHOTOS BY RANDY WEST

Herb Woertz Jr., manager of technical operations for Brown and Williamson International Tobacco Co., was in Quito, Ecuador on business in July 1978 when he suspected something was wrong. He had been warned that it might be difficult for him to breathe at first in the city's 9,000 feet altitude and that he should take it easy.

However, Woertz, 42, is a hard-working, goal-oriented businessman who farms on the side. He arrived in South America after a long, all-night flight from Miami, and, despite the warning, he went right to work, putting in some unusually long hours. He eventually caught a few hours of sleep, but he didn't feel well and couldn't eat. After a busy week and another long series of flights, he was home in Corydon on a Friday night, exhausted.

For 10 years before, Woertz had suffered periodic attacks of kidney stones. The condition, he was told, isn't too uncommon in Southern Indiana, although doctors aren't sure why. In 1974, he had passed "a lot of gravel." A doctor told Woertz his urinary system was flawed and "couldn't rid itself of uric acid, which caused the kidney stones."

Four years later, in early 1978, Woertz realized that he was having trouble breathing, especially at night. He was sleeping more than usual, and he didn't feel bad. He didn't know that his long struggle with kidney disease was just beginning.

After his exhausting trip to South America, Woertz found himself too sick to report to work Monday in Louisville. "I just felt bad all over. I just felt terrible," he recalled. A Corydon doctor hospitalized him for tests. Woertz knew he was ill, but he still planned to be back on the job the following week — he had to make a business trip to Europe. Released from the hospital, he mustered the energy to attend one of his favorite activities, the Harrison County Fair, although he was vomiting frequently. "On Friday, they tell me, I went to the fair with my daughter, Sarah, but I don't remember a thing about it. I went to sleep in a chair at home, and even my parents couldn't wake me up. They hollered and shook me. I was in a 'walking coma'."

Dr. Wilfred J. Brockman diagnosed Woertz's ailment as uremic poisoning, and Woertz was transferred to Baptist East Hospital in Louisville. Dr. Sidney J. Marcum, a kidney specialist, told him point-blank: "You're a candidate for dialysis, and you're a potential candidate for a transplant." His kidneys were not working; in fact, they had shrunk to half their normal size and were practically worthless.

"I didn't know what he was talking about," Woertz remembered, "but he really shocked me."

A month later, Woertz was still hospitalized but feeling much better. "I really thought I was making progress; I felt great," he said. But then, on a Friday night, after his wife, Jan, had left the hospital, Woertz began hallucinating. He thought he had died.

"I was trying to figure out a logical way to prove that I wasn't dead. I can remember trying to track down if I was dead or alive. I was thinking all the time." He wanted to call Jan but couldn't remember their phone number. He called his parents and asked: "Am I dead or alive?" and then hung up. A nurse recalled: "Herb thought he was a computer when he was sick. He told me about Big Macs in different countries for about four hours."

Unconscious, he was removed to intensive care and placed on dialysis for the first time, although he doesn't remember anything about it. At one point five persons had to hold him down — he was a big man, 6-1 and 280 pounds, and he was fighting it all the way.

Woertz's confusion was caused by acute renal failure. His blood was full of toxins his kidneys would have normally filtered out, and excess fluids were increasing pressure on his brain. Without kidney dialysis — a life-saving mechanical removal of impurities from the blood — Woertz might not have emerged from his badly disoriented state of mind and he might not have lived.

Woertz is one of 13,000,000 Americans who have kidney disease or urinary disorders. The Kidney Foundation of Kentucky says about 78,000 of that number will die this year. Kidney dialysis machines keep persons with malfunctioning kidneys alive. Most of them take the treatments three times a week, as long as they live. There's no alternative — except a kidney transplant from a living donor or a cadaver. Fourteen thousand patients are waiting for a kidney transplant, but only 4,000 of them will have the opportunity to get one because there's a critical shortage of donors.

"Dialysis is the best of a lot of bad options," Herb explained one cold February day two years ago. His left arm was attached to a machine at the Kidney Center in the old Federal Land Bank building on Broadway in Louisville. He went in three days a week, Monday, Wednesday and Friday, for treatment. The Kidney Center is a brightly-lit, cheery place where patients and the many staff members get to know each other well. In fact, they keep a sharp eye on each other: while on dialysis, patients can suddenly lapse into unconsciousness due to a drop in blood pressure, or experience painful leg cramps due to loss of water in their tissue. Many patients sleep during the 3½ to four-hour process, but Woertz usually read newspapers and munched cheese crackers. Patients are often weak and groggy after a treatment.

A common illness bonds the patients together, but at the same time, there's a reluctance to get too close. "It's depressing to come in here each day and see people, and then come in here and not see them," Woertz explained.

Along with the constant specter of death, kidney patients experience uncomfortable side effects: they vomit; bones become brittle and break easily; there's joint and muscle pain from cramps; blood pressure can drop suddenly; they might develop a psychological state called "dialysis dementia," and patients are anemic.

Joan Weis, a social worker at the Kidney Center, said, "The longest someone here has lived while on dialysis is seven years," although others elsewhere have lived longer. Doctors told Woertz that if the transplanted kidney functions for two years, it's considered a success and "something else will kill you." His chances of living with a transplant are "nine out of 10," Woertz said. "That's good odds if you're betting on horses, but not if you're a 40-year-old man."

In October of 1978, Woertz went back to work, four hours a day, four times a week, but, it was a struggle because he had to dialyze three times a week. "It's like giving a pint of blood three times a week. It takes the body time to get back into equilibrium, but your body never gets back into equilibrium. Ideally, you should dialyze one to two hours each day. The body would be more balanced, but I don't want to be 'stuck' every minute."

Even at three times a week, the dialysis schedule changed Herb and Jan's lifestyle. He's home more often, they travel less (although it's possible to arrange dialysis

(Please turn to page 7)

THURSDAY, APRIL 22, 1982 THE CLARK COUNTY JOURNAL, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aging and Aged, Inc. sponsored a special program at the Henryville meal site honoring residents of the Henryville area who attended the daily activities at the meal site. Pictured from left are Pauline Parr, Clyde Wininger and Frances Arnold, all celebrating birthdays during the month of March.

THE COURIER-JOURNAL, SATURDAY, MAY 1, 1982

Social services chief is named

Associated Press

INDIANAPOLIS — Jean Merritt, who already rides herd on two state agencies, was put in charge of a third yesterday — the Indiana Office of Social Services.

Gov. Robert D. Orr said Mrs. Merritt's latest appointment will be effective Monday.

Mrs. Merritt already leads the Indiana Community Services Administration and the Indiana Commission on the Aging and Aged. Those agencies will be merged into the Indiana Department on Aging and Community Services on July 1.

Orr said Mrs. Merritt's latest appointment will save money and improve public service by consolidating the work of state agencies that deal with the same issues. The agency will be transformed July 1 into the Social Services Fiscal Office, and Mrs. Merritt will continue as director.

The social service office has administered the federal Title XX program, which paid for programs under the Social Security Act. The Title XX program has been replaced by the new social services block grant.

In creating the new Social Services Fiscal Office, the legislature gave it broad powers, including administration of the block grant, administration of social service contracts with state agencies and a variety of other financial responsibilities in the human services area.

Retirement Announced

The South Central Indiana Council for the Aging and Aged, Inc, has announced the retirement of Carroline Wells, meal site manager at Claysburg II Towers, Jeffersonville.

Mrs. Wells has been with the nutrition program since its inception, October 8, 1973. She was site manager at Gilt Edge Baptist Church, one of the first meal sites to open in Area 14. When the Claysburg II Towers was completed, the meal site was voluntarily moved from the Gilt Edge Baptist Church to the Towers. Mrs. Wells, with the assistance of Mary Lukemeier, the first nutrition director, started and developed the Gilt Edge Meal Site.

A retirement reception honoring Mrs. Wells is scheduled for May 28, 2 p.m. to 4 p.m. at Gilt Edge Baptist Church, Jeffersonville. All friends and relatives are invited to attend.

6-1-82

Special service to elderly planned for Harrison Co.

Applications for the development of Community Focal Points in both Harrison and Scott Counties are now being accepted from all service providers to the elderly. The focal point concept was mandated in the Older Americans Act Amendments of 1978 to give senior citizens easier access to all services.

Special consideration will be given to senior citizen centers which already offer multi-services in one place. Currently the Ken Ellis Center in Clark County and Fifth Street Senior Citizen Center in Floyd County are Community Focal Points.

To qualify as a Community Focal Point, a center must be in a community which has the greatest incidence of older persons with the greatest economic or social need; must provide a broad spectrum of services, including health, social, nutritional, educational and recreational services; and must be able to accommodate the collocation of services.

The Board of Directors of the Area 14 Agency on Aging is the official designating group for these focal points.

Applications to apply for the designation are being accepted through June 15. For further information or an application form, contact the South Central Indiana Council for the Aging and Aged Inc., at 948-8330.

Ledger-Tribune, New Albany, Ind., Sun., May 23, 1982

Older Hoosiers Law Day Event Is Friday

As part of a state-wide program, Older Hoosiers Law Day will be held in Floyd County on Friday, May 28, at the Beechwood Community Center. Patricia Cornwell, Community Education Specialist with the New Albany-Floyd County Schools, and Attorney Rebecca Looney will speak on "The Rights of a Person before and after Admittance to a Nursing Home."

A nutrition meal will be served at 11:30 a.m. with the program following. People 60 years or older pay according to their ability; people under 60 pay $2.50, the cost of the meal. Reservations must be made 24 hours before the meeting. For reservation and further information, call 948-8330.

The public is invited, and older Hoosiers are particularly urged to attend. Not only will the program be timely, but an informative book entitled, "You and the Law" will be distributed. Older Hoosiers Law Day is sponsored by the South Central Indiana Council for the Aging & Aged, Inc.

THE BANNER-GAZETTE, Wednesday, June 16, 1982

Council for Aging seeks community focal points

Applications for the development of community focal points in both Harrison and Scott Counties are now being accepted from all service providers to the elderly. The focal point concept for services to the elderly was mandated in the Older Americans Act Amendments of 1978 to give senior citizens easier access to all services.

Special consideration will be given to senior citizen centers which already offer multi-services in one place. Currently the Ken Ellis Center in Clark County and 5th Street Senior Citizen Center in Floyd County are community focal points.

To qualify as a community focal point, a center must be in a community which has the greatest incidence of older persons with the greatest economic or social need, must provide a broad spectrum of services, including health, social, nutritional, educational, and recreational services, and must be able to accommodate the collocation of services.

The Board of Directors of the Area 14 Agency on Aging is the official designating group for these focal points.

Applications to apply for the designation are being accepted through Sunday, June 20. For further information or an application form, contact the South Central Indiana Council for the Aging & Aged, Inc., at 948-8330.

The Tribune, New Albany, Ind., Mon., June 7, 1982

Resource Directory For Handicapped

The Pilot Club of New Albany, Inc., and the South Central Indiana Council for the Aging & Aged, Inc. are participating in a joint distribution of ACCESS Floyd County, a resource directory for the handicapped residents and homebound senior citizens. Five hundred books will be distributed to the handicapped, the homebound senior citizen, and the service organizations which aid these people. The books are made possible by a grant from Pilot Club International and with financial assitance from South Central Indiana Council for the Aging & Aged, Inc.

The resource directory lists the accessibility and useability of community resources and also gives additional services such as home delivery, senior citizen discount, in-store shopping service, etc. All handicapped people 18-years and older who are members of the South Central Indiana Association of the Handicapped, Inc., and all homebound senior citizens who receive a home delivered nutrition meal will automatically receive a copy. Handicapped citizens who wish a copy may get one by calling 948-8330.

SOUTH CENTRAL INDIANA COUNCIL FOR THE AGING A
(NUTRITION PROGRAM)
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DELIVER ACCESS — Nancy Shiner, program developer at South Central Indiana Council for the Aging & Aged, Inc., and Buddy Kerberg, driver for the Council's Nutrition program, load copies of ACCESS Floyd County for delivery to homebound senior citizens who receive a home delivered nutrition meal. This directory lists the additional services which a merchant provides, home delivery, senior citizen discount, telephone orders, in-store shopping service, etc. Any handicapped resident, homebound senior citizen, or service organization may request a copy by calling 948-8330.

Reds-Dodgers for senior citizens

"Senior Citizens Day at the Ball Park" has been announced by The Council for Older Americans, Inc., based in New Albany.

All persons aged 60 or older and residents of Harrison, Floyd, Clark and Scott counties are invited to attend the Cincinnati Reds-Los Angeles Dodgers game on Wednesday, Aug. 4.

An air-conditioned bus will leave the New Albany center at 9:30 a.m. The $10 ticket, which includes ticket and transportation, must be paid at the center at 317 E. 5th Street by July 16. Tickets are on a first-come, first-served basis, and seating is limited.

Spectators may bring a sack lunch or eat at Riverfront Stadium in Cincinnati. For reservations or more information, call Bobbie at 1-948-2877 or 1-948-9701.

Ledger-Tribune, New Albany, Ind., Sun., June 6, 1982

Search Is On For New Senior Queen

The ninth annual Area 14 Senior Queen Contest will be Sunday, June 27, 2 to 4 p.m. at Riverview Towers, New Albany. The contest is opened to any senior lady 65 years of age or older and residing in Clark, Floyd, Harrison or Scott County. The contestants are judged on personality, civic contributions, and a question-answer session.

The woman chosen to represent Area 14 will compete with 15 other Area Queens at the Indiana State Fair for the title of Indiana Senior Queen. In addition to competing in the state contest, the Area 14 Senior Queen participants in Harvest Homecoming, serves as hostess at various Council functions and becomes a representative to the Governor's Conference.

The 1981 Senior Queen is Margaret Rose Leap who is a retired school teacher from Speed. Willie Canter of New Albany and Jennie Stoner of Jeffersonville were first and second runner-ups.

Each civic organization is urged to sponsor a deserving lady. To receive further information or to enter the contest, contact Nancy Shiner at 948-8330. The deadline for entering the contest is June 14.

The contest is sponsored in part by the Kiwanis of Historic New Albany, Jeffersonville Jaycees and the South Central Indiana Council for the Aging and Aged, Inc.

THE BANNER-GAZETTE, Wednesday, July 7, 1982

Senior citizens invited to Dodgers-Reds game

The Council for Older Americans, Inc. has announced senior citizens day at the ball park. All people 60 years of age and older and residents, of Clark, Floyd, Harrison, and Scott Counties are invited to root the Cincinnati Reds on to victory over the L.A. Dodgers on Wednesday, Aug. 4.

An air-conditioned bus will leave the 5th Street Center, 317 E. 5th St. in New Albany, at 9:30 a.m. The cost will be $10. This includes the ticket and transportation, but it must be paid by Friday, July 16. Limited seating is available on a first come-first serve basis. Payment is to be made at the 5th Street Center in New Albany. Spectators may bring a sack lunch or eat at the stadium.

For reservations or more information, call 948-2877, or 948-9701.

Ledger-Tribune, New Albany, Ind., Sun., July 11, 1982

SERVICE AWARDS — At the bi-monthly meeting of the New Albany Committee on Handicapped, Mayor Robert Real presented some distinguished and meritorius awards. From left: Lois Haywood, chairman of the committee, Eugenia Mock, Altrusa Club; Thelma Bertrand, council of aged and aging; Ruth Coe, Pilot Club and Mayor Real.
(Tribune Photo By Jack Davis)

ERNA ATWOOD was crowned the 1982 Area Senior Queen, making her eligible for competition for the Indiana title in judging Aug. 20 at the State Fair. The contest was staged in conjunction with the South Central Indiana Council for the Aging & Aged, Inc.

State Fair-Bound:

Erna Atwood Senior Queen

Erna Atwood, 1521 Lynnedale Drive, Jeffersonville, was crowned 1982 Area 14 Senior Queen in ceremonies at Riverview Towers in New Albany. As the winner, she will participate in the State Senior Queen competition at the Indiana State Fair Aug. 20.

Mrs. Atwood, age 89, is a retired reporter-photographer with The Evening News and News & Journal, Inc. were she earned the nickname "One-Shot Atwood." She is active in volunteer work with the Retired Senior Volunteer Program and in mental health projects.

She was recently honored by the State Mental Health Association for the accumulation of 25,000 volunteer hours over a 27-year span — one of only three persons to achieve this record and honor. Mrs. Atwood has also been active in Clarksville Little Theatre and has acted in numerous productions over the years.

First runnerup in the Senior Queen competition was Nellie Lea Staton of New Albany who has been involved in numerous community projects, including the Pilot Club's handicapped handbook, Salvation Army bell-ringers at Christmas, Harvest Homecoming and church work.

Mrs. Staton has often been behind the scenes providing food for needy families, "giving love and concern to all ages, and being present during difficult times," the judges' report noted. She was sponsored by the Pilot Club of New Albany.

Second runnerup was Pauline Henley, sponsored by the American Association of Retired Persons. Mrs. Henley is on the board of directors of AARP, a member of Eastern Star, and canvasser for her neighborhood for various fund drives. She is active in visiting patients in hospitals and nursing homes.

Other Senior Queen candidates were Lena Eckart of Corydon, Hester Brewer of Elizabeth, Rosalie Russ of Jeffersonville, Virginia Scott of Scottsburg, Ina Sutton of Jeffersonville, and Thelma White of New Albany.

The 1982 Area 14 Senior Queen Contest was sponsored by the Jeffersonville Jaycees, Kiwanis Club of Historic New Albany, Kiwanis Club of New Albany, Inc. and the South Central Indiana Council for the Aging & Aged, Inc.

SENIOR QUEEN AND COURT — Erna Atwood of Jeffersonville, seated, was named Area 14 Senior Queen at ceremonies yesterday at Riverview Towers. Mrs. Atwood, who is 89, has been active in the Mental Health Association as a volunteer for 27 years. She is remembered for her association with the Jeffersonville Evening News as a photographer. First runner-up was Nellie Lea Staton of New Albany, at left, and second runner-up was Pauline Henley of New Albany. (Tribune Photo by Jane Alcorn)

THE BANNER-GAZETTE, Wednesday, July 7, 1982

Erna Atwood crowned Area 14 Senior Queen

Erna Atwood was crowned 1982 Area 14 Senior Queen in ceremonies at Riverview Towers, New Albany, on June 27, 1982. As senior queen, she will participate in the Indiana State Senior Queen Contest at the Indiana State Fair on Aug. 20.

Mrs. Atwood, 89, is a retired reporter and photographer with the Evening New and Journal and earned the nickname of "One Shot Atwood." She is quite active in volunteer work with the Retired Senior Volunteer Program and with the Mental Health Association. She has been recently honored by the State Mental Health Association for the accumulation of 25,000 hours over 27 years-- one of only three people to achieve this record and honor. Mrs. Atwood has also been active in Clarksville Little Theatre and has acted in numerous plays over the years.

First runner up was Nellie Lea Staton of New Albany. Mrs. Staton has been involved in numerous community projects including the Pilot Club's handicapped handbook, Salvation Army bell ringers at Christmas, Harvest Homecoming, and church work. Mrs. Staton has often been behind the scenes providing food for needy families, giving love and concern to all ages, and being present during difficult times. She was sponsored by Pilot Club of New Albany, Inc.

Second runner up was Pauline Henley, sponsored by the American Association of Retired Persons. Mrs. Henley is on the board of directors of AARP, a member of Eastern Star, and canvasser for her neighborhood for the various fund drives. She is now very active visiting the sick in the hospitals and nursing homes.

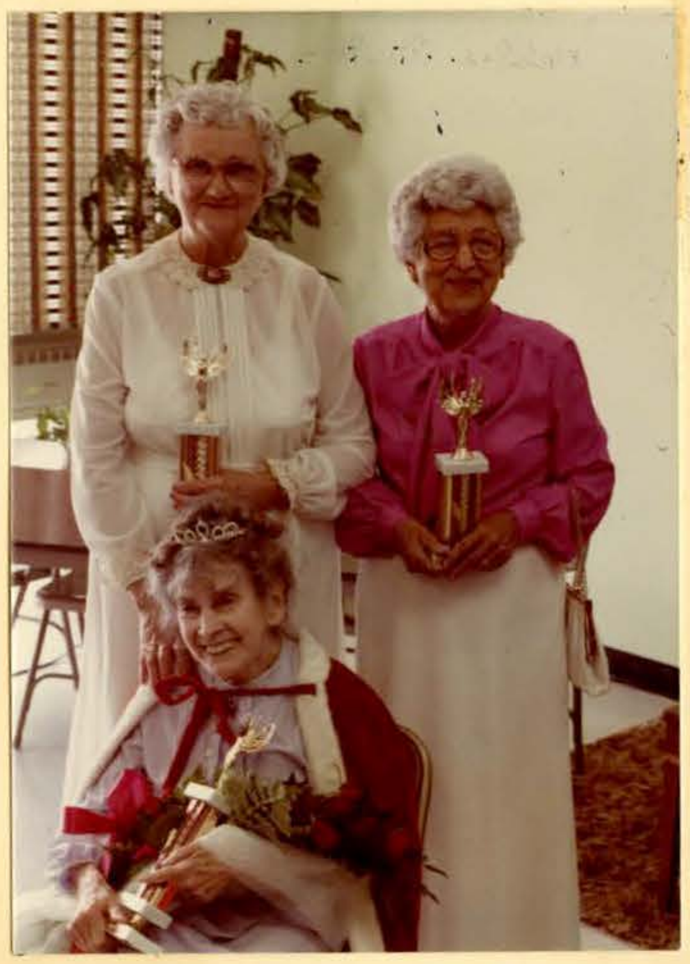
Other candidates for senior queen were Lena Eckart of Corydon, Hester Brewer of Elizabeth, Rosalie Russ of Jeffersonville, Virginia Scott of Scottsburg, Ina Sutton of Jeffersonville, and Thelma White of New Albany.

The 1982 Area 14 Senior Queen Contest was sponsored by the Jaycees of Jeffersonville, Kiwanis of Historic New Albany, Kiwanis of New Albany, Inc., and the South Central Indiana Council for the Aging & Aged, Inc.

--File Photo--

Erna Atwood, right, was chosen as the 1982 Area 14 Senior Queen. She is shown here with Leri Lebner of the Business and Professional Women's National Federation, a group with which Mrs. Atwood is associated.

For help in placing your ad in THE BANNER-GAZETTE, please call 967-3176.



Nellie Staton 1st
Pauline Henley 2nd
Erna Atwood Queen

SENIOR CITIZENS SUPPLEMENT
THE TRIBUNE - JUNE 1982

Mature Living

SENIOR QUEEN — Erna Atwood of Jeffersonville was chosen Area 14 Senior Queen in a pageant sponsored by the South Central Council for the Aging and Aged, Inc.; the Kiwanis of Historic New Albany, the Kiwanis of New Albany, Ind., and the Jeffersonville Jaycees. Mrs. Atwood is a former newspaper photographer and has been active with the Mental Health Association and Church Women United. She will represent Floyd, Clark, Harrison and Scott Counties at the Indiana State Fair Senior Queen Contest in August.

(Tribune Photo by Jane Alcorn)

50 Isn't Too Late For Retirement Plans

Something happens to the way people think once they turn 50. People who, in their 40s, rarely gave a thought to retirement, all of a sudden see everything in the context of their retirement years.

Now that the reality has set in that retirement is perhaps only 10 or 15 years away, is it too late to get down to some serious planning?

Not really. You may have missed the best opportunities when you were younger. But you still have some choices about retirement and your more practical frame of mind now may enable you to make some better, more realistic decisions about what your needs will be.

First, assess the situation. What would you like to do when you retire? Travel? Buy a cottage on a lake and fish the days away? Explore your photography hobby? Buy that small business you always wanted? Improve your golf game? Sail around the world? Spoil your grandchildren?

Well, what kind of budget does it take to fulfill those retirement dreams? You'll have to sit down and do a little bit of figuring — planning around a reduced income on top of prices that are unlikely to stop rising after you retire. Here are some tips offered by the Investment Company Institute of Washington, D.C.

Once you have an idea of how much it's going to cost you to enjoy those years, look at what you've already got available to you in terms of retirement funds.

First, examine your company's pension plan. You'll probably see it in a different light today than just a few years ago. Inflation chips away at those pension plans, reducing the effectiveness you had hoped they'd have. How does your plan look? (Don't forget that you'll have to pay taxes on that corporate retirement plan.)

Also look at Social Security income. According to the Social Security Administration, the average married couple receives $648 a month — only $7,666 a year.

Not enough, huh?

Okay, well this is where your present-day control over retirement funds can come in. You've most likely heard about the Individual Retirement Accounts (IRAs). You may have discarded the idea, thinking that you didn't really have enough time to let an investment like that grow into anything substantial. Or perhaps you decided that for the small amount of money you'd earn by the time you reach retirement, you'd rather keep those dollars and use them today.

Well, think again — on both counts. First of all, you don't have to start withdrawing your IRA investments until age 70½ — that's still quite a long way off. You can withdraw them earlier without any penalty, as early as 59½, but if you want to see the money compound to a hefty sum and to its fullest extent, you can wait as long as possible. And 70½ is only the starting date. Whatever money is left continues to grow tax-free.

And in terms of coming up with the money for the investment, it just doesn't take as much as you may think. Your monetary situation may be better today than it's ever been. Your home may be either paid for or your mortgage payments are quite low compared with today's standards. Your kids are grown and have moved away from home. No more praces, piano lessons, high car-insurance or college.

Will you earn enough in this short period of time to make it worthwhile? Well, does $161,000 strike you as a substantial amount?

That's how much you'd accumulate before taxes by age 70½ if at age 50 you start to invest the maximum $2,000 annually in an IRA which went on to pay an average of 12 percent a year.

Special Note

This edition of the Tribune's Mature Living supplement is set in larger type than is usually used in this or any other newspaper. It is an experiment to determine if it makes easier reading for people of advanced age. Your comments would be appreciated.

Even is you're already 60 and you start an IRA now, in 10 years that 12 percent rate of return would bring your annual $2,000 investments to a total value of $39,000. That's $39,000 that you would probably never have had to help meet your retirement needs.

Remember, even if you begin withdrawals earlier than 70½, the remainder continues working for you, able to earn interest and grow.

How does it work? Well, every year you earn income, you're eligible to contribute to an IRA. That investment is totally tax deductible so you cut your taxable income each year you invest by the amount of your contribution. (You're allowed an annual maximum of $1,000; $2,250 if you're married and one spouse works...$2,000 each if both of you work. You can, of course, invest less if you like and even skip years entirely.)

Then, your investment works tax-free as well. Your IRA dollars compound as the years go on and any interest, dividends and capital gains continue to grow tax-free, until you begin withdrawing the money.

At withdrawal time, you pay tax according to your then-current tax bracket. That bracket will most likely drop sharply as soon as you retire, making your tax payments far less painful.

With a relatively short timetable before retirement you'll want to be sure that you invest your IRA in the right type of vehicle.

Here are some things to consider: flexibility to move your money around, the range of choice offered, the cost of investing, and an acceptable rate of return.

There are several IRA investment options. The most common are mutual funds, banks, savings and loans, credit unions, insurance companies, stocks and bonds. All have advantages and disadvantages.

An 18- or 30-month certificate at a bank or savings and loan is a safe investment. However, it won't allow you to get at your money to reinvest it elsewhere whenever you want to if market conditions begin to change or if your needs change during those long months. Even more important — traditional certificates of deposit offer limited investment choices, giving you no capital growth potential.

Self-directed investing with stocks and bonds gives you the flexibility and the kind of investment freedom you need at this stage in your life. One problem here is that every time you move your money in a self-directed IRA investment, you have to pay a new commission. Another problem — the onus is on you to move your money wisely.

There's a way to have the same flexibility of investing in stocks and bonds without continual commission fees — and without the day-to-day decisions — and that's by choosing mutual funds.

These funds have long been looked to for retirement investment. For example, they currently hold over 25 percent of all Keogh retirement accounts, the equivalent tax-deferred retirement plan for the self-employed.

And the diversity and flexibility you were looking for in an IRA investment are two of the biggest plusses with mutual funds. First you get diversity within your own fund, itself. The fund invests in a wide range of industries or companies. By spreading the investors' pooled resources over this wide range of investments, the risk can be greatly reduced and good investment opportunities sought out.

You can also get additional diversity right within a fund's own management group. Most groups manage a range of funds with different financial objectives. You often hear the funds in a management group referred to as a family of funds. If the financial objective of the initial fund you invest in doesn't seem to be exactly what you wanted or economic conditions begin to change, or your own needs change, you can switch to any other fund within your family of funds. You can switch just about as often as you like for a nominal fee usually only $5.

In most other IRA's, you can only switch your investment dollars once a year. With your shorter IRA investment horizon, you need to be able to move your money at any time to what you think will be the most attractive type of investment with the most attractive type of financial results.

And that brings us to the most important reason for choosing any investment — results.

Results depend, of course, on the amount of risk you are willing to take to gain your rewards. They also depend on what kind of financial objectives you're looking to achieve and how your fund goes about achieving them.

Some funds aim for the highest immediate income, some for the largest future growth, some for a combination of growth and income. Some are very conservative; others highly aggressive.

Mutual funds offer just about every combination of risk and reward — from money market funds where the objective is the highest income consistent with

(Con.'t on Page 4)

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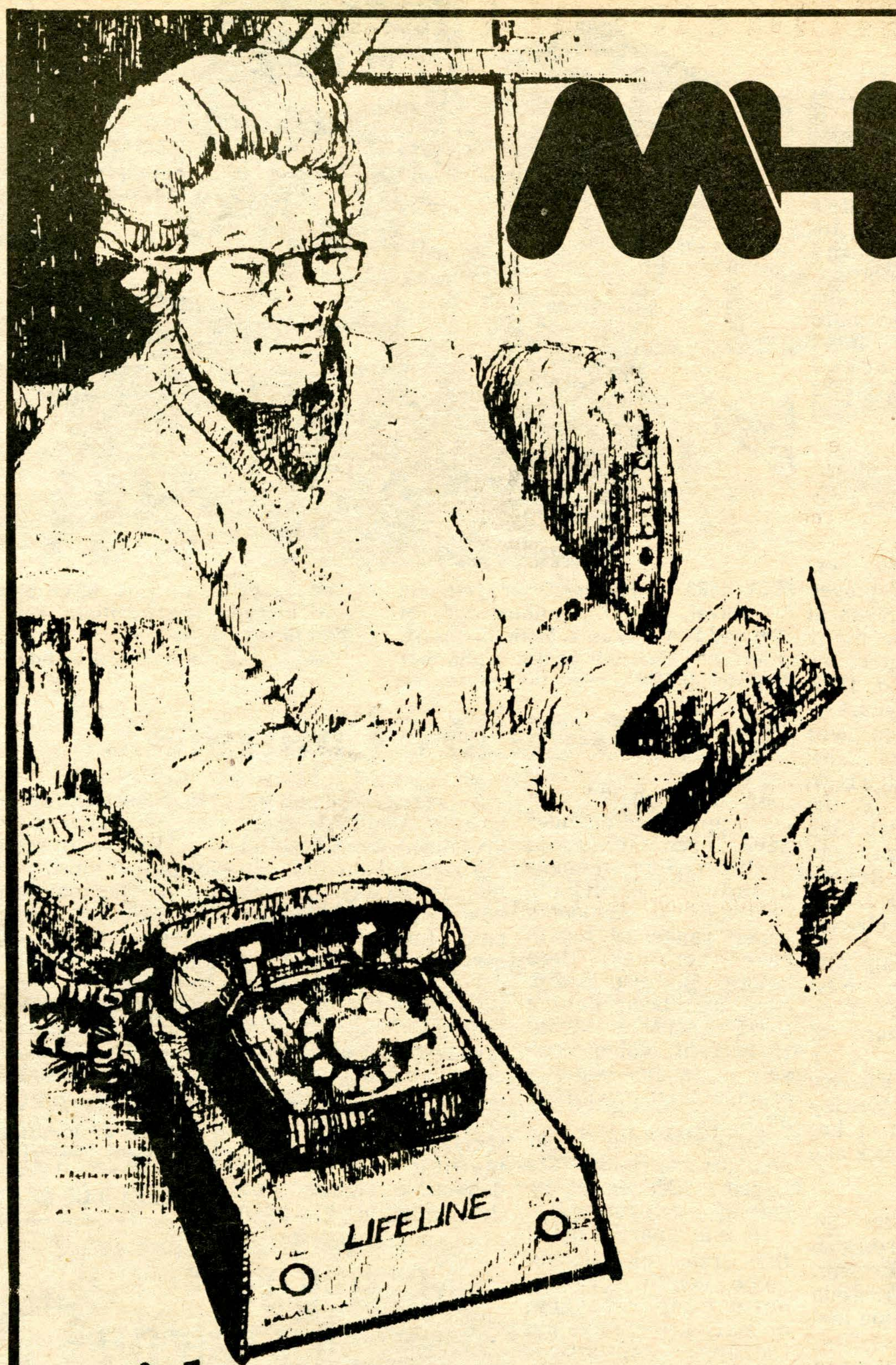

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50 Isn't Too Late...

(Con.'t From Page 3)

maximum safety to aggressive growth funds which look for the most rapid rate of growth in your investment while running calculated risks to get there.

Earlier we mentioned the possibility of earning as much as $161,000 after 20 years of investing in an IRA paying a rate of return of 12 percent.

Can you expect a rate of return like that with, say, common stock mutual funds?

That depends on the state of the economy. Common stocks do go up and down but in the last five years, mutual funds that investin stocks have averaged an increase of 12.5 percent a year, a figure, incidentally, that was ahead of even the severe inflation in those years.

But what about the long haul? Well, take the last 30 years — a period long enough to include every sort of economic condition except the Great Depression. In that time, the rate of return of these mutual funds averaged a little under 10 percent. not as high as in the last few years. But in that long period yields on all investments were lower. Passbook savings accounts for example, averaged only 4.1 percent a year. Moreover, once again, common stock mutual funds stayed far ahead of inflation.

So, it's still not too late to think about investing in your retirement. It's more important to you now than ever before. If you want to learn more about IRAs and how to make your retirement a better reward for a life's work, write to the Investment Company Institute, 1775 K Street, Washington, D.C. 20006, for a free brochure answering the most commonly asked questions about IRAs and the role of mutual funds.

Senior Queen

Erna Atwood was named Senior Queen of Area 14, Clark, Floyd, Harrison and Scott counties, during a pageant June 27 at Riverview Towers in New Albany.

Mrs. Atwood of Jeffersonville, has been an active volunteer with Mental Health Association for 27 years and received an award for 25,000 volunteer hours. She is also active in Church Women United.

Referred to as "One Shot" Atwood, the new queen was an employee of the Evening News in Jeffersonville for many years. She is the widow of Charles Atwood. They were married 60 years.

First runner-up was Nellie Staton of New Albany. Mrs. Staton is an active member of the New Albany Pilot Club and the American Association of Retired Persons (AARP). She is also active in her church.

Second runner-up was Pauline Henley, New Albany. She serves on the AARP's board of directors and is a member of the Eastern Star. Mrs. Henley volunteers much of her time visiting the sick and shut-ins.

Other candidates for Senior Queen were Lena Eckart, Hester Brewer, Rosalie Russ, Virginia Scott, Ina M. Sutton and Thelma White.

Mrs. Atwood will participate in the Indiana Senior Queen contest Aug. 20 at the Indiana State Fair.

RECYCLERS — Forrest Drier, left and Art Shivel, collect aluminum cans at 18th and Stone streets. Senior Citizens, under the Retired Senior Volunteer Program (RSVP), man the center on Wednesday afternoons. RSVP persons work in a variety of locations, donating their time to those in need.

(Tribune Photo by Bev Tully)

IRA Ins And Outs

Some practical information is offered older IRA investors by the Investment Company Institute of Washington, D.C.

On Withdrawing Your Money:

- If at age 50 you began investing $2,000 annually into an IRA investment averaging a rate of return of 12 percent, by the age of 70½, you would accumulate $161,397.
- You can withdraw that money at any time between the ages of 59½ and 70½ without any penalty other than income tax at your then-current tax bracket level.
- Beginning at age 70½, you must withdraw your money at certain levels. If you don't, the IRS will fine you.
- These levels are based on life expectancy estimates for men and women. Men who reach 70½ are expected to live an average of 12 more years and women are expected to live an average of 15 more years. So, the IRS requires that, beginning at age 70½, men must withdraw 1/12 of their current IRA balance annually. Women must withdraw 1/15 of the balance at age 70½ and continue to do so as the years progress. Example: If you're a man who has $161,397 in your account at age 70½, you'd be required to withdraw $13,449.75 (or 1/12 of $161,397) from your account at that time. A woman would have to withdraw at least $10,759.80 (or 1/15 of $161,397) at that time. Each year, you'd have to withdraw 1/12 or 1/15 (whichever is appropriate) of your remaining balance.
- The money that remains in the account, can continue to grow tax-free and work for you.
- The reasoning behind these rules stems from the idea that IRA money should be used for the individual investor's own retirement funds and that, in theory, it should last just as long as the investor's retirement life does. The IRA is not intended as a tax-free sanctuary for a future inheritance.
- However, if you should die before the money in your IRA account is depleted, your beneficiary will gain access to that money. As it is withdrawn, the beneficiary will be taxed at his or her own income tax level.
- The money must be withdrawn by a beneficiary over a period of no less than 36 months, though, or else it will be considered part of your estate.

New Medicare Changes...

As a result of new laws, important changes have been made in Medicare. Some changes broaden Medicare coverage to include a wider range of health care services than before. Because health care has been getting more expensive - about 15 percent higher each year - some changes require you to pay higher amounts.

Some of the other changes are designed to improve Medicare by helping to control costs.

Here is a partial list of the areas of change: home health services; out-patient surgery; outpatient physical therapy; outpatient rehabilitation service; dentist services; optometrist services; payment to radiologists and pathologists.

Two areas of increased cost to Medicare users are one, the hospital insurance deductible. In the first 60 days of each benefit period Medicare paid for all covered services in the hospital except the first $204. Because of the change in the law and the increasing cost of hospital care, the deductible was raised to $220 effective January 1, 1982. The second change was in the medical insurance deductible. Since 1972 this deductible has been $60. Effective January 1, 1982, it was raised to $75.

If you want more information on any of the above you may contact any Social Security office or use this toll free number, 1-800-382-9000 and ask for the free pamphlet "Recent Changes in Medicare."

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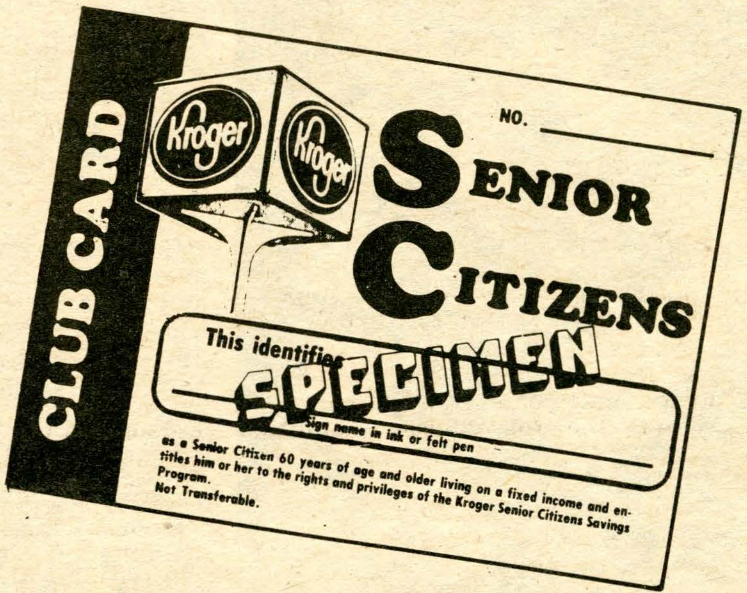

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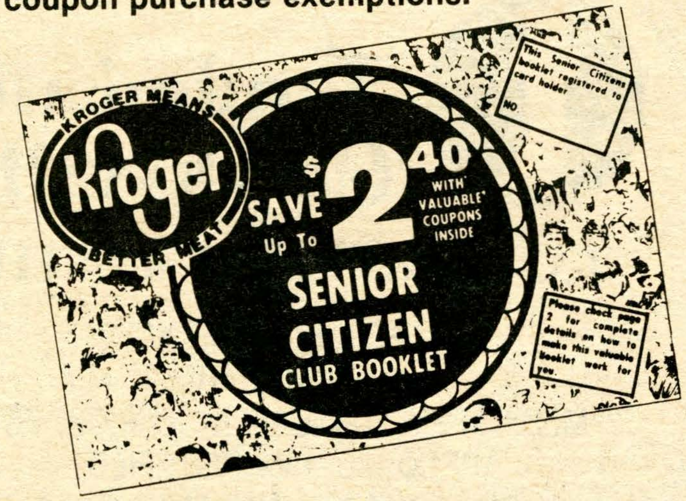

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Nun With Green Thumb Helps Mother Nature

That Providence Retirement Home can be aptly described as the big brick building on Spring Street will all the flowers in front, is due to the planning and work of Sister Helen, staff member and Senior Citizen, who loves flowers and all growing things of nature.

EXPERT GARDENERS — Sr. Helen plants the last row of mixed flowers in the plot used a few weeks ago for lettuce and spinach that was shared with residents and employees of Providence Retirement Home. Sr. Helen also always just happens to have an extra plant or bloom for admirers of the flowers and plants.

Seven years ago when Sr. Helen came to New Albany her interest in the plants and flowers was a hobby. Soon she was in full charge of the grounds and had plants and flowers indoors and on the porches as well.

"Although there is something to do all year round," Sr. Helen said, "from March to July is the busiest time. I get the soil in shape early for cold weather crops of lettuce, spinach and radishes in the plots and planters near the building even before the last frosts." The residents watch the little gardens grow, knowing it will all end up as wilted lettuce salad and spinach sald on the menu in early May.

"Once I replace the vegetables with flowers, it is mostly care and watering, nothing really," said Sr. Helen. And it is with nothing really that most of her work is done, for it is all hand labor with hoe, rake, spade and hand trowel.

Gardening interest and love of plants began for Sr. Helen at age five when her mother gave her marigold and petunia seeds and bleeding heart roots to plant. And every year since, Sr. Helen has had a garden somewhere.

Even when Sister was teaching in Chicago "where there was nothing but cement lawns," she said, "I found a place to grow flowers and plants."

The cost of growing and maintaining the flowers and grounds at Providence Retirement Home is minimal, Sr. Helen said. She seeds or slips plants starts indoors for transplanting. Some of the residents who share her love for nature give plants or donations for the yard work. Three years ago a New Albany teacher began collecting empty soft drink cans at his school and gives Sr. Helen the proceeds of the sales for flowers and supplies, which is her major source of funding.

"Of course I'm a Senior Citizen," said Sr. Helen as she laughed and pointed to her white hair. "How else would I have th etime for the work I love, which is a part of me, the growing of flowers and plants that bring pleasure by lifting spirits and brightening our days. For isn't that the way God meant it to be?"

QUEENS, OLD AND NEW — The Area 14 Senior Queen of 1981, Margaret Rose Leap, a retired teacher from Speed, at right, congratulates the new queen, Erna Atwood of Jeffersonville, following the pageant on June 27 at Riverview Towers. Mrs. Atwood will represent the area at the Indiana State Fair Senior Queen Contest.

(Tribune Photo by Jane Alcorn)

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TRANSPORTATION PROVIDED — The South Central Indiana Council for the Aging and Aged provides transportation for senior citizens to doctor appointments, grodery shopping, bill paying, and to meal sites and activity centers. A person must call 24 hours in advance at 948-9701. Preparing to board one of the eight vans is Lou Chism. The driver is Melvin Bare. (Tribune Photo by Jane Alcorn)

Aging Commission CoordinatesAgencies

Older Hoosiers in need of many kinds of assistance need look no further than the Indiana Commission on Aging.

The commission, created by the Indiana General Assembly in 1955, coordinates a wide range of services for the state's 800,000 elderly persons.

HOT LUNCHES, are made available and meals delivered to older persons who cannot get out. Financial, nutritional and other counseling is available for those who need it.

Transportation to and from doctors' offices and grocery stores is arranged.

The commission also coordinates home health care, operation of senior citizen centers, outreach programs, legal services and employment programs.

A quarterly newsletter it publishes keeps Indiana senior citizens up to date on new programs.

The commission is linked by 16 area agencies, each with its own director and staff. It coordinates use of federal and state money for the elderly and serves as the main lobbyists for older Hoosiers when the legislature meets.

ADVOCACY EFFORTS by the commission include sponsorship of legislative seminars and the Older Hoosier Assebly.

The assembly, which precedes long sessions of the legislature, gives elderly persons a chance to express their views on proposed legislation.

Advocacy assistance is aimed at protecting the rights of the low-income, isolated, disabled or institutionalized elderly.

The commission also takes part in several annual events that focus on the problems of the elderly, including the Governor's Conference on Aging held each October.

The agency also coordinates a full program of activities at the Senior Citizens Building during the Indiana State Fair. They include a senior queen contest, senior citizens art exhibit and a cookie bake-off.

The Indiana Commission of Aging's offices are at 215 North Senate Avenue, Room 201, Indianapolis 46202. The office phone is (1) 317/232-1190.

GOOD SIGN — Providence Retirement Home is variously pointed out as "the old St. Edward Hospital," the "big brick building with all the flowers in front," or the place on Spring Street "with all the porches." Recently it has a new description as "the place with the little van in the yard." The wood-cut van model made by Rupert Hinton on the front lawn of the Home reminds passers-by of the fund drive underway for the purchase of a passenger van to provide mobility for residents who need transportation beyond that provided by the Senior Citizen vans in the area. "Besides the residents," Sr. Noel, left, the administrator, said, "the van will be used for any who take part in the expanding activities program."

AARP Membership Grows

If membership were capital, then Chapter 3217, American Association of Retired Persons (AARP) would have been a fine place to have socked an investment during the past year.

Recent tallies have verified that the New Albany-based group has 226 paid members. In January 1981, there were 137 members.

Frances King, who helped found the local chapter of the national organization, believes that the membership has been expanding at the expense of some nearby AARP chapters that might not be so active.

"We seem to gain a few more members at each meeting," Mrs. King said. She added that current membership is composed of persons from New Albany and Floyd County, as well as residents from Jeffersonville, Corydon, Clarksville, Sellersburg and Louisville.

Mrs. King will be honored July 11 along with other charter members of Chapter 3217 at a special celebration marking the second anniversary of the group's chartered existence. Actually, Mrs. King and some others began making initial calls in 1979 to start the club.

The response has been so burgeoning that the group has outgrown available parking at its initial meeting place at the New Albany - Floyd County Public Library and now meets at the Trinity United Methodist Church.

What makes the AARP so popular?

It could be the activities, Mrs. King believes. And it could be the membership - men make up about one-third of the senior citizens organization.

There is a list of special guests that include politicians, bankers and businessmen, talking about subjects that senior citizens should be interested. Entertainment of the musical variety is often on the bill, involving such groups as the Silvertoners, composed of seniors, and the Central Christian Church. Sometimes, it is simply another club member with some slides from an interesting vacation trip that is given billing.

A recent meeting was enlivened by a panel discussion concerning the plan where senior citizens may return to college for a week.

One-day trips, and there are many of these during the course of a year, are also popular with AARP members. Such trips have included Conner's Prairie, a day at Louisville Downs, Shakertown and the Bob Braun Show in Cincinnati. There was also a picnic at Mr. and Mrs. Maurice Morey's Old Colonial Manor.

Anyone 55 or older - there is no need to be retired - may join the AARP. There's only one requirement and that is that a person must first belong to the national chapter. There is also a membership fee for the national chapter and that is $1 per year.

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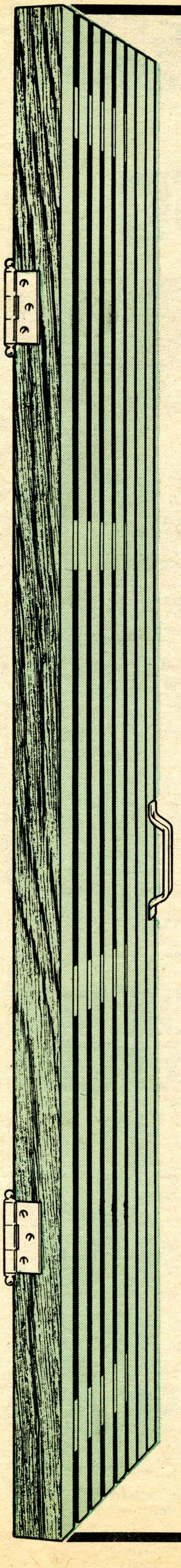

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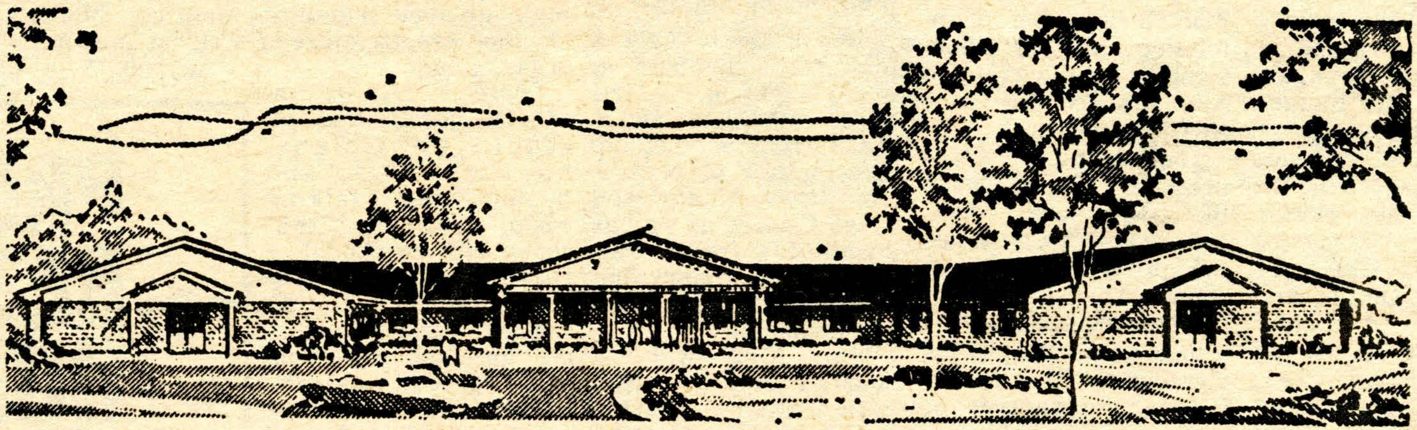

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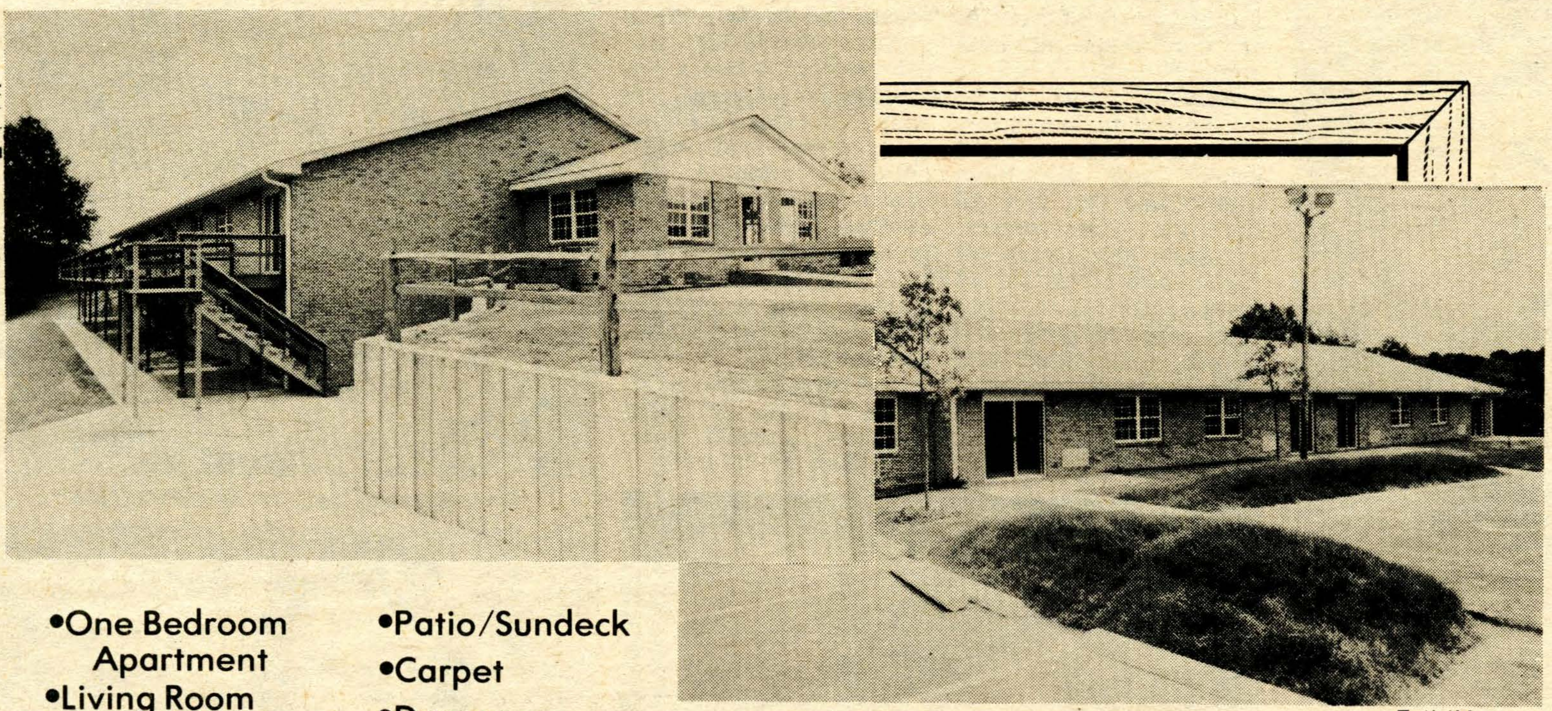

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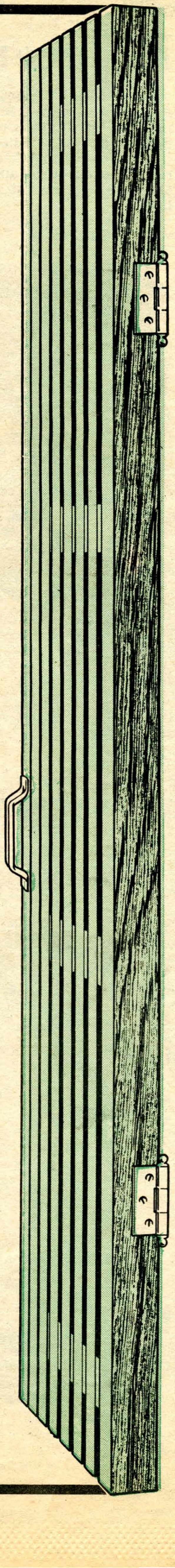


Respect And Love Key To Long Time Marriages

Five Floyd County couples who have been married for 50 years or more advise other couples to work together, respect each other and take life one day at a time.

Mr. and Mrs. Emmett W. Whittinghill of 524 Georgiana Drive celebrated their 65th wedding anniversary June 11.

"We both pulled together and worked together. I've always tried to do my part and he has too. We always tried to think more of each other than we did ourself," Ruth Whittinghill said.

Emmett Whittinghill said, "I married a good woman. We went through some difficult times together."

Mrs. and Mrs. J. Frederick Michell of 903 Silver St. celebrated their 50th wedding anniversary June 11.

Michell and his wife, Esther, said "Fifty years of married life created a lot of experiences, both good and bad, but during our marriage we both tried to handle them with maturity. We shared all of our responsibilities equally and raised a family of four.

"We fell in love when we were kids in high school and we have maintained this love all through the years. Actually, 50 years of marriage isn't as complicated as it might seem if you love and respect each other and always work together," the Michells said.

Mr. and Mrs. Norman M. Smith of 1730 Florence Ave. were married 50 years June 12.

Helen Smith said they "take each day as it comes and with God's guidance we do the best we can with it. We've enjoyed each other and tried to be compatible."

Norman Smith said, "Everything went very well and we stayed together. We've done just as we pleased. We're both very independent."

Mr. and Mrs. Ted Rawlings of 104 Bonnie Sloan celebrated their golden wedding anniversary July 3.

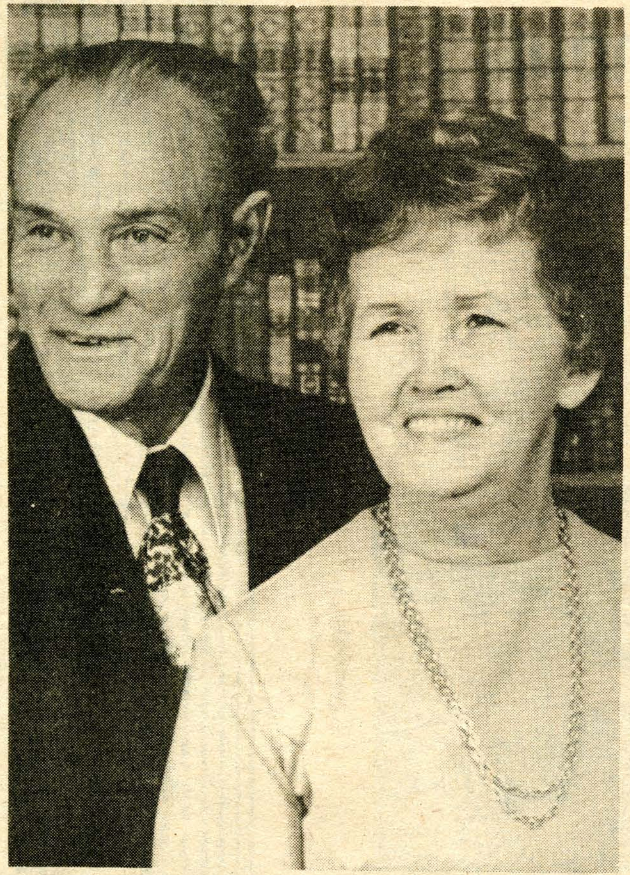
"It's not been too easy," Lorena Rawlings said. "We had eight children, adopted two more and raised another." She said their best years have been the past 17 years after they started going to church. "Serving the Lord makes a better life."

Ted Rawlilngs said, "We just stayed together, worked hard and rasied a big family. I still love her and she still loves me."

Mr. and Mrs. Carl Ammons, Rt. 1, Georgetown, were married 50 years May 23.

Edith Ammons said, "We took our vows very seriously. We always talked over any problems before bedtime. I never told him what to do and he never told me what to do."

Carl Ammons said he concurred with his wife's advice. The Ammons have eight children.


MR. AND MRS. TED RAWLINGS

MR. AND MRS. EMMETT W. WHITTINGHILL

PLAN PUPPET SHOW — Clara Mathley, seated, will be narrating a program on energy conservation to school children, as part of a puppet show put together by senior citizens in the area. Charlie Locke, standing, built scenery for the program. The puppets were made by Geconia Calfee. The show is part of the Retired Senior Volunteer Program.

(Tribune Photo by Jane Alcorn)

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Green Valley Offers Full Service Care

A full-service health-care center, with its extended services unmatched by many other such facilities, is on Green Valley Road.

This is Green Valley Convalescent Home, at No. 3118, having its 15th birthday this year.

On this occasion it is being joined this year in its broad and complete health complex by Green Valley Apartments, immediately adjacent to the Center, where there's a new concept in Retirement and Health Care with the emphasis on Living.

These apartments, being prepared for an Open House welcome in the near future, are a new concept in adult-apartment living, where one may retain his independence and enjoy the convenience and security of an apartment community, geared to individual needs.

These modern new living quarters include one-bedroom apartments, living room, bath-shower, large kitchen, refrigerator-stove, patio and sundeck, to name only a few of the refined conveniences.

The things the residents truly need will be provided in abundance; emergency call button at their service, laundry facilities, room checks, available church services, storage lockers, and tasteful dining facilities.

The new complex is to extend Green Valley Convalescent Home into one of the outstanding health communities in the state.

The home itself, the subject of much favorable comment in its decade and a half of filling the health and retirement requirements of so many, has the availability of 24-hour professional nursing care and a complete physical therapy department.

It is a member of AHCA — American Health Care Association — which, attests to its high standard of acceptance.

It is a certified Medicare and Medicaid facility for intermediate and skilled-care patients.

Lincoln Hills Offers Modern Health Services

Lincoln Hills of New Albany Health Care Center opened its modern facilities here nearly eight years ago, on Sept. 30, 1974, and it has become a very vital part of the health services of the Tri-County area.

The facility presently has 100 intermediate beds, is Medicaid and Veterans Administration-approved, has licensed nurses on duty 24 hours a day and full physical therapy facilities with a registered therapist on duty five days a week.

It is, in all respects, a full-service facility.

There are more than 75 employees, including Mary L. Tindle, the administrator.

Others are Sharon Randolph, R.N., director of nurses; Fred Heeb, consulting pharmacist; LaDonna Willis, receptionist and administrative secretary; Susan Wiseman, laundry and housekeeping supervisor; Wilma Hutchings, food-service supervisor; Martha Gregory, consulting dietician; Jim Edinger, maintenance; Mary McDonald, activity directory; Anna Loweth, business manager and social service; Gaynor Daly, registered physical therapist, and Dr. Kenneth Brown, house physician.

The physical therapy department has been open for more than a year. Gaynor Daly is from Wales, and has been in the United States for a decade. Judy Blassett is the physical therapy aide.

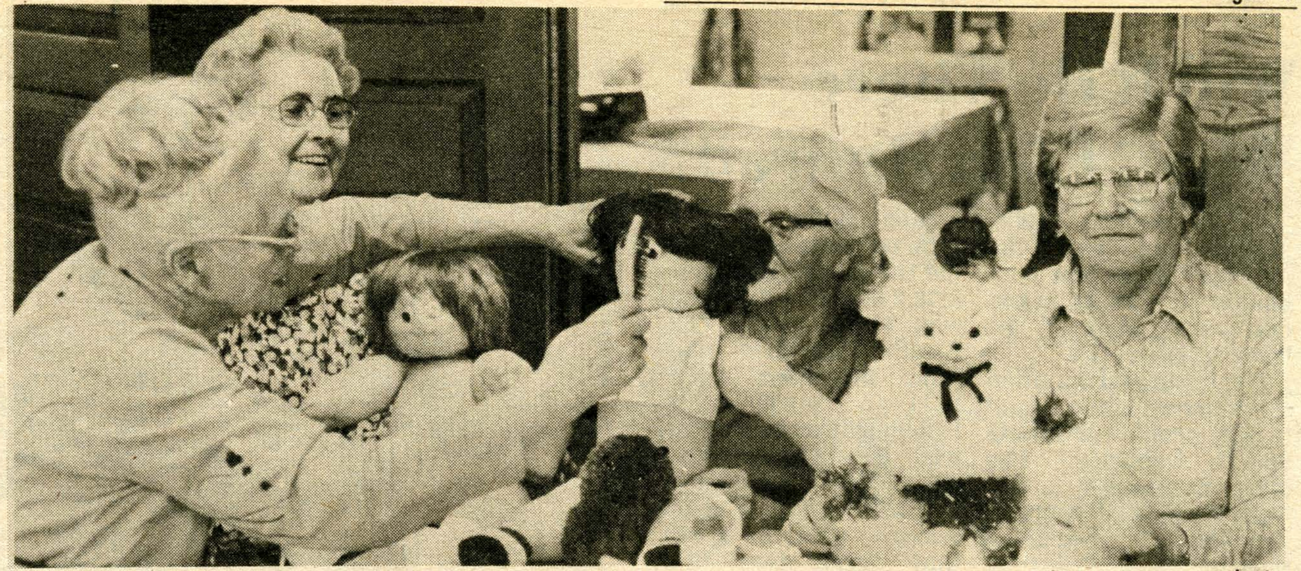
Mary McDonald has been the activity director since Sept. 16, 1981. The activity department is busy with residents, tacking comforters, sanding wood, making belts, organizing singing groups and card parties.

Graceland Baptist Church has a birthday party for the residents once a month, and RSVP volunteers have games each Wednesday.

Lincoln Hills has open visiting hours and welcomes family members and friends, along with the public, to visit.

Beautician Jan Shields is at the facility three days week, and Howard Johnson, barber, is on hand once monthly.

Lincoln Hills of New Albany Health Care Center is located at 326 Country Club Drive.



AT ACTIVITY CENTER — The Fifth Street Senior Citizens Center at 317 Fifth Street, provides a variety of activities for senior citizens. The Council for Older Americans serves people 60 years of age and older at the center and four other located in Jeffersonville, Charlestown, Corydon and Scottsburg. Enjoying their work on soft sculpture dolls and stuffed toys are, from left, Mary Smith, Dorothy Farnsley, Lou Chism and Elizabeth Young.

(Tribune Photo by Jane Alcorn)

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Will It Be There When I Am Retired?

This article will provide you with the information so you may answer the most asked question, "Will it be there when I retire?"

First some information on current and long range problems facing Social Security. The facts in this article are from the 1982 Report of the Social Security Boards of Trustees which was submitted to Congress on April 1, 1982.

The 1982 report indicates, as did the 1981 report, severe financial problems for the Social Security program in both the short range and the long range. The short range is caused by continuing favorable economic conditions. The long range by financing and demographic conditions.

During 1981, 116 million workers contributed to Social Security and Health Insurance programs through payroll taxes. At the end of 1981, 36 million Social Security beneficiaries were receiving monthly benefit payments. In mid-1981, the Health Insurance program covered 25 million people over age 65. An additional 3 million people under age 65 were covered by health insurance because of long term disability.

In 1981 total income to the three trust funds was $178.2 billion, while outgo was $175.1 billion. The health insurance trust fund increased by 5 billion while the retirement and survivors trust fund and disability trust fund dropped by $1.9 billion. This was the seventh year in a row that these two trust funds paid out more than they took in.

Over the next 25 years, the projections indicate a need for substantial changes in the long range financing of Social Security. Action will be needed to solve the financing problems during the 1980's. Later on the outlook for the trust funds improves substantially, after the tax increases that would take effect during 1985-1990, and remains favorable during the next 25 years.

By the end of 1982, the National Commission on Social Security Reform is to make recommendations on putting Social Security back onto a sound financial footing.

The bottom line will be what you as a taxpayer want from Social Security and what you are willing to pay in taxes to provide the type of Social Security programs you want.

PLAYING POOL — A pool party at the Providence Retirement Home brings out not only the pool pros but learners and watchers who offer both free advice and criticism. Trying their skill at the recently refurbished pool table and new equipment are, from left; Peggy Russman, Cletus Hanka, Vince Waskevich, Louise Mathews, Martin Barker and Forrest Karrick.

New Albany Nursing Home Really Cares

New Albany Nursing Home is an institution that cares.

It extends a welcome to the general public to visit it at any time, and inspect its excellent facilities and meet its personnel.

New Albany Nursing Home is located at 1919 Bono Road, and it has many distinctive features, to make a nusring home even better.

Reasonable rates makes the home one that considers the financial welfare of its residents.

Its attractive brouchures point out its many distinctive features. Its dining room has a warm, pleasant atmosphere. Diets are planned and tastefully prepared in consulation with an A.D.A. Dietician; also special individual diets as required by the physician.

At its nursing station, comprehensive nursing care is given under the direction of a license nurse.

The Recreation Lounge is a comfortably furnished room with planned activities, games, television, and entertainment. Also there are weekly religious services for those who wish to attend.

The semi-private rooms are spacious, inviting and comfortably decorated, with large windows and privacy curtains. Private and three-bed combinations also are available.

New Albany Nursing Home, of course, is Medicaid ICF approved, and licensed by the Board of Health.

It provides open visiting hours, which is a great accommodation for residents and visiting friends. There is 24-hour professional nursing supervision.

At New Albany Nursing Home, there's a physician on emergency call, there's a pharmacy service, and activities room. The fine new building is fireproof designed for patients' safety.

In short, New Albany Nursing Home is "dedicated to the complete care and comfort of the patient."

Social Security Eligibility Changed

Legislation enacted in 1981 made a basic change in when a person can first become eligible to receive Social Security monthly benefits, Michael Hetzel, Social Security district manager in new Albany, said recently.

People now becoming eligible for benefits can receive a benefit only for months they are eligible throughout the entire year. This means that unless a person was bonr n the 1st or 2nd day of a month, he or she cannot get a benefit for the month they become 62. The first month they can receive a benefit is for the month after they reach 62.

This provision also applies to a wife or husband and children receiving benefits on a living person's Social Security Record. This mainly applies to stepchildren, since the marriage of the child's natural parent must have taken place one full year before the child can get benefits.

This rule does not apply to survivor benefits. Widows and surviving children continue to be eligible for benefits starting with the month the age earner dies, regardless on what day of the month the person dies.

More informaiton about Social Security benefits can be obtained by calling Social Security at 1-800-382-9000.

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Morganaire Club Has An Exciting Trip Out West

The Morganaire Senior Citizen Club, a veteran group of Harrison County travelers, completed their most ambitious journey to date when it recently returned from a 21-day trip to the west coast. Members managed to remain friends after traveling more than 7,000 miles together.

Mildred Jones, official biographer of the trip, has listed this account of the journey.

May 15 - (first day) - Thirty-eight Morganaire senior citizens left Palmyra at 10 a.m. Saturday for a three-week western trip. After breakfast at the Old Capitol Inn, they headed westward, arriving at St. Louis about 4 a.m. Supper was in Eureka, Mo., and they motored through the upper Ozark Mountains, arriving at the motel at Springfield, Mo., at 8 p.m. after a first-day drive of eight hours.

May 16 - (second day) - The group boarded the bus and drove to Tulsa, Okla., for a visit to Oral Roberts University. They viewed lots of cattle, grazing lands and small grain production during their ride through the state. Arriving at Oklahoma City at 5:30 p.m., they pushed on to Amarillo, Texas, getting to their motel rooms around 10:30 p.m.

May 17 - (third day) - The friends had breakfast around the motel pool, then left for Gallup, N.M. Geography began to change greatly, revealing an unusual, almost barren land, that was rocky, hilly and splashed by mountains of rock of different colors. Many Indian reservations were seen and the highway traversed beds of lava from ancient volcanos.

SNOWBALL — May is not too late to have snow in some parts of the West. Here John Damon, one of the Morganaire Senior Citizens shows a big snowball he made in the high country of Washington state which the group visited on their tour.

May 18 - (fourth day) - The group traveled through more reservations in Arizona, where many of the Indians still live in little round houses of dried mud. Sheep and goats grazed the rough land covered with evergreens and tumbleweeds. The Painted Desert and Petrified Forest were also traversed this day.

May 19 - (fifth day) - Driving through snow-capped mountains, the vacationers arrived at the 7,000-foot-high south rim of the Grand Canyon - that 277-mile long, 4 to 18-mile wide chasm that is one mile deep. Visiting Hoover Dam, the group stopped over in Las Vegas for dinner at the Blue Onion Restaurant. Some travelers walked along the Strip and visited the casinos, becoming lost on their way back to the motel and arriving after midnight.

May 20 - (sixth day) - The travelers left Las Vegas early in order to get across the desert before the day's heat had set in. They saw lots of cactus and Joshua Trees in bloom, visited the Roy Rogers Museum and drove through Apple Valley, home of the Rogers. The day ended with a night ride along Sunset Boulevard in Los Angeles.

May 22 - (eighth day) - The group spent the past two days touring Los Angeles with guide, Carmen Mauck. A bus tour took them through the neighborhoods of several actors and to the renowned Chinese Theatre with its footprints, name-and-star-emblazoned sidewalk. After a tour of the Universal Studios, some members of the group, which stayed across the street from the CBS Studios, attended "Tattletales."

May 23 - (ninth day) - The bus wound through the San Fernando Valley where such diverse types of agriculture as rice paddies, nut groves, wheat fields, vineyards, onion and garlic fields could be seen. Extensive irrigation is the only thing that makes such yields possible.

May 24 - (tenth day) - San Francisco was explored by the group which visited Chinatown, Fishermen's Wharf, the Golden Gate Bridge, took a boat tour of the Bay and rode the cable cars from one end of the line to the other and back again. Sherrill and Lucile Melton, Howard Jones and Brian Hobbs, members of the group, took a helicopter ride over the Golden Gate Bridge, compliments of bus driver, J. C. Ayres.

May 25 - (11th day) - After leaving San Francisco by the way of the Golden Gate Bridge, the bus headed toward Grant's Pass through a hot valley. Some relief was forthcoming when the group reached the Redwood forest where some impressive giants more than six and seven feet in diameter towered hundreds of feet overhead.

May 26 - (12th day) - The group wound across hilly terrain toward Seattle, Wash., through wildflower-strewn pastureland where goats, cattle and sheep grazed.

May 27 - (13th day) - In Seattle, the group turned to foot-borne touring and ascended the World's Fair Space Needle, strolled the Fishermen's Wharf and Farmers' Market areas.

May 28 - (14th day) - A long ride awaited the group which left Seattle and headed eastward across snow-capped mountains to Missoula, Mont. It was a ride highlighted by deer wandering a roadside, periodic ski slopes and irrigated land where grain, hay and cattle were produced.

May 29 - (15th day) - Clarice Kinzer of Elizabeth received a chorus of the Happy Birthday song, as one of the several members celebrating birthdays on the trip. Helen Byerly's birthday was celebrated at the next stopover, Livingston, Mont. where a post-dinner treat was a concert by an "old-timers' band" playing at the hotel. The music led Lucile Melton to toss away her cane and "dance like a teen-ager."

May 30 - (16th day) - The group reached snow-clad Yellowstone Park where they saw elk, buffalo, beautiful icy streams and small geysers. A few passes were closed because of the snow, but the travelers were lucky enough to see Old Faithful erupt.

May 31 - (17th day) - Another long drive, this one 493 miles to Rapid City, S.D., was on the day's agenda. Mountains and valleys were interspersed along the route, along with areas of cattle, sheep and goat raising. Oil wells can be seen from the road while an occasional cowboy can be seen rounding up cattle.

June 1 - (18th day) - Sightseeing is plentiful in the Black Hills area. Mount Rushmore and Bear County USA are on the tour agenda.

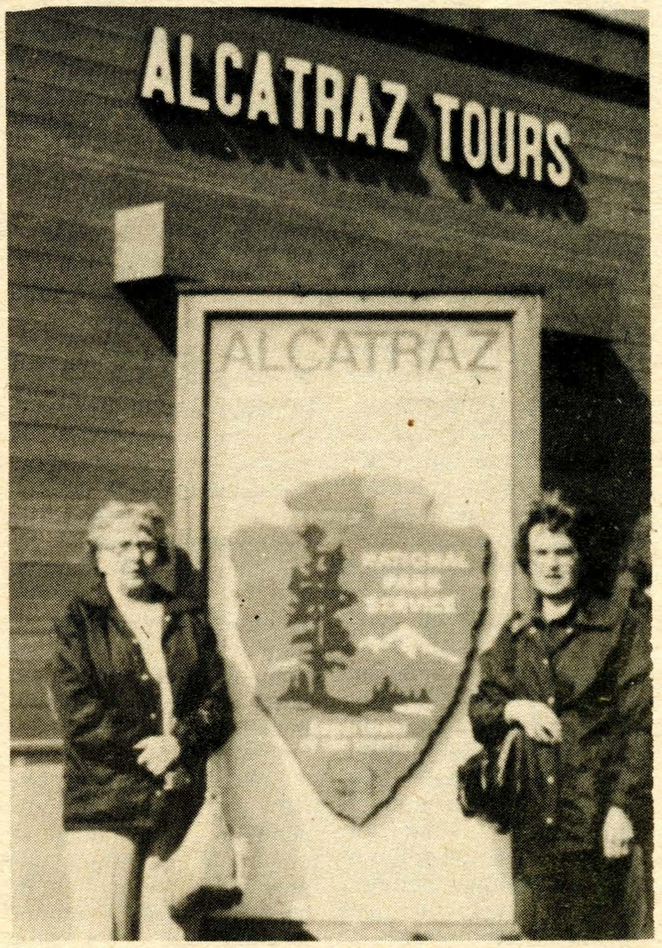
June 2 - (19th day) - Everyone sleeps late on the scheduled "day of rest" that also gives bus driver, Ayres, a chance to do some needed maintenance.

June 3 - (20th day) - the group left Rapid City for a 600-mile ride across rolling farm country to Des Moines, Iowa.

June 4 - (21st day) - The sun rises on the last day of the trip, another 600-mile ride, unfortunately. At 6:30 p.m., the bus crosses the Illinois - Indiana state line but it takes another three hours to get home. This concluded a 7,000-mile trip that entered 16 states.

And now the planners are looking forward to four more trips. Two vacancies remain for the Sept. 5-8 jaunt to the World's Fair at Knoxville. More openings may be possible for the trip to Nova Scotia on Sept. 9, and the journey to Wisconsin Dells in late September. Interested persons may also call Bud Hercamp, 364-6925, for information on a trip to New Orleans tentatively scheduled for March.

PETRIFIED FOREST — J.C. Ayers of Louisville, bus driver for the Morganaire Senior Citizen's Club tour of the West, looks like he's standing in a wood lot. But he is actually looking over the Petrified Forest of Arizona in the Painted Desert.



FISHERMAN'S WHARF — Mildred Jones and Ruby Baylor, right, of Palmyra stop in front of the Alcatraz Tour sign on Fisherman's Wharf in San Francisco. They were on the Morganaire Senior Citizen's Club trip in May

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ACCESS DIRECTORY — Mayor Robert Real, left, and Norton Brown, past president of the South Central Indiana Association of the Handicapped, Inc., receive copies of ACCESS Floyd County from Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged, Inc., and member of the Pilot Club of New Albany, Inc. ACCESS Floyd County is a resource directory listing the accessibility and useability of community resources to the disabled citizen in Floyd County. It is made possible by a grant from Pilot Club International and with financial assistance from the Council for the Aging.

Older Americans Are Healthier

Special to the Tribune

WASHINGTON, D. C. — Older Americans are earning more and feeling better than ever before, according to a new study by the American Council of Life Insurance.

"The changing age structure of the population is one of the most important demographic trends that will shape society in the next five decades," said Barbara Price, council researcher. "The increase in the number of older persons over the next 50 years will have unprecedented effects on American society."

According to the study entitled "DataTrack 9: "Older Americans."

...The elderly population grew twice as fast as the rest of the U.S. population in the past 20 years. The growth rate is expected to slow over the next few decades and then accelerate after 2010 as members of the "baby boom" generation reach age 65. By 2030, as many as 1 in 5 Americans could be over age 65, giving the older population a sizable voting bloc and creating a great impact on the nation's retirement system.

...Stereotypes to the contrary, in general older Americans report they are healthy. In 1980, about 6 in 10 persons described their health as "good" or "excellent."

...Another stereotype - that of financial insecurity - may also be changing. Between 1959 and 1980, the median income of older men and women rose at a greater pace than the incomes of men and women in the general population. While Social Security is the most frequently tapped source of income, it provides considerably less than most other sources. Despite these encouraging figures, however one of every six older Americans falls below the Social Security poverty index.

...Older people are less likely to be in the labor force than in the past but those who do work are more likely to have part-time jobs, and in 2030, the ratio of older people to working-age people will be over twice as great as it was in 1950.

DataTrack &: "Older Americans" is one of a series of demographic studies conducted by the Council. Reports like this, according to Price, help life insurance companies in planning.

"The life insurance business is deeply intertwined with a great many aspects of American life," she said. "Changes in society will continue to have a definite impact on the future of the business."

Single, free copies of DataTrack 9: "Older Americans," are available from the American Council of Life Insurance, Department 479, 1850 K Street, N.W., Washington D.C., 20006.

Special Note

This edition of the Tribune's Mature Living supplement is set in larger type than is usually used in this or any other newspaper. It is an experiment to determine if it makes easier reading for people of advanced age. Your comments would be appreciated.

NEW OFFICERS — The New Albany Senior House elected new officers at their June meeting. From left in front are, Dorothy Beard, secretary; Eleanora Hauber, treasurer and in back, Harry Naville, trustee; Zula Burnett, second vice president; Darrell Beard, incoming president; Frank Mardis, past president and Richard Kraft, trustee

(Tribune Photo by Jack Davis)

Retirees Use Talents In Arts, Crafts Center

By ELISSA McCRARY
Associated Press Writer

HENDERSONVILLE, N. C. (AP) — An arts and crafts center that's of, by and for the elderly is helping make this mountain town a prized spot for people contemplating retirement, local officials say.

Opportunity House, staffed and operated entirely by senior citizens, is the only retiree center of its kind in the country, according to director Lorraine Berry. Its 2,200 members, from every state and 13 foreign countries, support its work with their $8 annual dues. The non-profit center receives no federal funds.

"At Opportunity House, the theory is that talent doesn't cease to exist just because a person retires," said Ms. Berry. "Retirees can and should be a vital part of the community where they live. It's a joy to be doing something interesting and helping others at the same time."

Hendersonville Chamber of Commerce officials and real-estate agents say Opportunity House, favorable weather and beautiful scenery help draw those seeking retirement homes to the North Carolina mountains.

The Chamber of Commerce sends an Opportunity House brochure in its promotional package to everyone who writes for information on the area. Real-Estate salesmen use it to encourage retires to choose Henderson County over other possible mountain towns.

"I remember when I came to Hendersonville to look it over, every real-estate man in town told me about Opportunity House," said Robert Davis, 80, a retired magazine editor who handles public relations for Opportunity House and teaches a pottery class. "It didn't exactly make my decision for me on where to live but it got my interest."

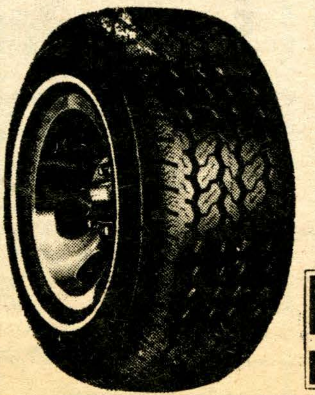
Opportunity House, founded in 1957 by a Methodist minister, came into being at a time when Hendersonville was gaining a reputation as a nice place to retire, Ms. Berry said.

The group's first project, painting a huge mural in the fellowship hall of First United Methodist Church, was such a success that it spawned dozens of other art projects and classes in all types of arts and crafts.

By 1961, the group's 100 members had outgrown the church meeting room, but Hendersonville artist Grace Etheridge's donation of an old two-story house on the edge of town quickly became Opportunity House headquarters.

The center now offers sewing, quilting, all types of painting, pottery and stained glass as well as tour packages throughout the world at discount prices.

Classes generally have about six students, with sessions broken into eight-week periods. Students pay $8 per period.



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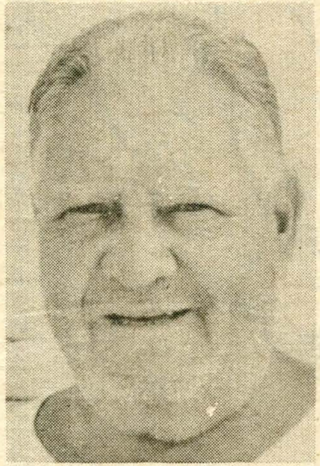
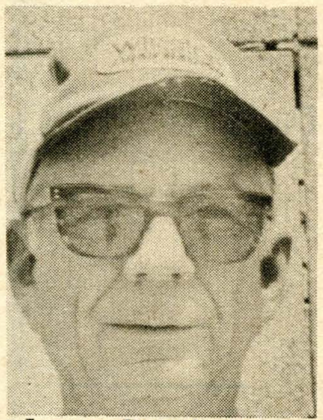
What's Your Opinion?

The Tribune's inquiring camera girl, Beverly Tully, recently asked this question, How has Reaganomics effected you?

Alva Bailey, East Eighth Street, "It not only affects your SSI check but will soon be affecting food stamps."



Frank Lori, Beeler Street, "Bad."

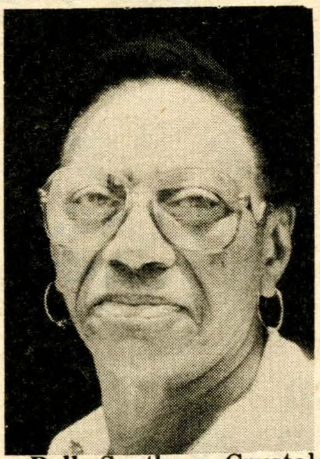


Lavern Brandenburg,-Marianna Drive, "I have heart trouble. I had a triple by-pass and now I have a hard time drawing my pension."

Mildred Brewer, East Spring Street, "Especially in groceries. Anything you go to buy is just outragous it seems like."

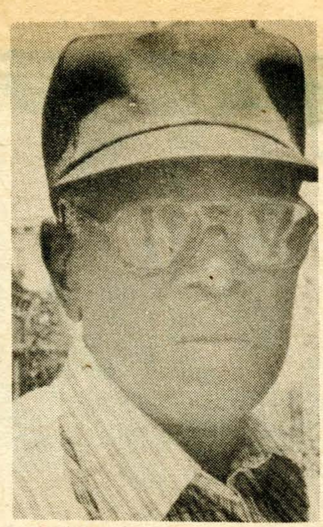
Helen Dennison, Pearl Street, "Financially, everything's so high. There are people getting Social Security that shouldn't be."

Virginia Jackson,-Georgetown, "Jobwise my husband has been laid off his work."

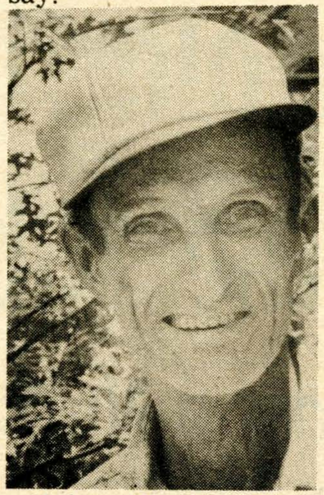


Belle Southers, Crystal Avenue, "Well, it's caused the light bills to go up. Groceries are so high. They are higher than they were three years ago."

Sam Cantrell,-McCartin Drive, "I'm retired and it has not affected me in any way. I'm on Social Security and it hasn't hurt me personally. I know it has hurt some people."



Earl Browder, Jackson Street, "It's affected me so many ways I can't say."



John Frederick,-Eckerty, "Not a whole lot. As far as I know Mr. Reagan has been a good president. We're living in hard times you might say, but people are just going to have to grin and bear it. We're going to have to give a little to get out of this. I've lived in good times as well as bad times."

Special Discounts

Any senior citizen, 60 or older, residing in Floyd, Clark, Harrison and Scott counties is entitled to a special discount card which will be issued to them on demand when they come to the South Central Indiana Council for the Aging and Aged, Inc., located at 134 E. Main St., New Albany.

After signing name and birth date on application, a card will be issued which lists merchants who give discounts to senior citizens. The card must be presented to get the discount, according to Nancy Shiner, program developer with the South Central Indiana Council for the Aging and Aged, Inc.

Contest Set

The Older Hoosier of the Year contest will be held in August or September.

Edgar Day of 1635 Oriole Drive currently holds the title for Floyd, Clark, Harrison and Scott counties.

Tendercare Has Busy Schedule

Among the events scheduled at Tendercare Nursing Home in Clarksville during early July or late June were:

A trip to the Louisville Zoo, June 26, Sunday Services at Graceland Baptist Church, July 4th, a birthday dance June 30, a fireworks display July 3, Sing-along programs July 5 and 19, a volunteer appreciation banquet July 9, a vegetable-picking trip to Stumler Orchard July 13, plus standard exercise class every morning and a variety of other events.

Family and friends are always invited to visit at the home.

Special Note

This edition of the Tribune's Mature Living supplement is set in larger type than is usually used in this or any other newspaper. It is an experiment to determine if it makes easier reading for people of advanced age. Your comments would be appreciated.

HONORARY JAYCETTE — Agnes Knoob, who lives at Green Valley Convalescent Home, was presented with an honorary membership in the Jaycettes yesterday. Taking part in the presentation of the Jaycette Granny award are from left, Linda Spalding, Jaycette; Janice Sidebottom, Jaycette director; Knoob, Charles Smith, a friend and fellow resident and Mary Coriell, Jayecette president. (Tribune Photo By Jack Davis)

Senior Olympics Is Sept. 15

To hear Carla Warner tell it, this year's Senior Olympics will be twice as good as last year.

Warner, who is handling the details for the sponsoring South Central Indiana Council for the Aging and Aged, has already begun taking registrations for the 15 events in the olympics.

Everything from basketball to track and field will be offered to entrants in this year's field. Competition begins Sept. 15.

Warner says at the current rate of registration, last year's field of 170 participants will likely double.

"That's what I was hoping for this year, to double last year's number of entries," said Warner. "And the way things are going, we may do even better than that."

Entrants pay fifty cents for each event entered to help defray the cost of conducting the event.

The Senior Olympics are open to both men and women, but entrants MUST be age 55 or older to participate.

Some of the events will be conducted at Community Park in New Albany, others at the Clarksville High School track complex. Wooded View Golf Course in Clarksville and the Green Tree Mall, also in Clarksville.

"All of the events, all 15, will be staged in either Clark or Floyd County," added Warner. "We've gotten some good response from local businesses, too."

In fact, about 15 area businesses have agreed to help underwrite the olympics and will officially be listed as sponsors of certain olympic events.

Besides basketball and track and field, the rest of the list of events includes tennis, billards, horseshoes, table tennis, bowling, golf, board games, a hobby show, croquet, a fishing derby, a paddle boat race, a pie and cake baking contest and even a dance contest.

"We got excellent response last year and many, many of our senior citizens have been talking about the olympics this year for a long time," said Warner. "It has gone over real big and its nice that these people can have something like this to look forward to."

For those interested in obtaining additional information on either entering the olympics this year or just watching, Warner is the contact.

Warner may be reached at the South Central Indiana Council for the Aging and Aged, Inc. offices in New Albany at 948-8330.

Seniors Go To Reds Game Aug. 4

The Council for Older Americans announces Senior Citizens Day at the Reds ball park. All people 60 years of age and older who are residents, of Clark, Floyd Harrison and Scott counties are invited to root the Cincinnati Reds on to victory over the L.A. Dodgers Wednesday, Aug. 4.

An air-conditioned bus will leave the 317 E. Fifth St. center, at 9:30 a.m.

The cost is $10. This includes ticket and transportation, but it must be paid by July 16. Limited seating is available on a first come-first served basis, payment is to be made at the Fifth Street center in New Albany. Spectators may bring a sack lunch or eat at the stadium. For reservations or more information call Bobbie at 948-2877 or 948-9701.

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Front row: Sharon Randolph, Director of Nurses; Mary McDonald. Activities Director; Mary Lou Tindle. Back row: Anna Loweth, Social Services; LaDonna Willis, Sec'y. Receptionist; Suzan Wiseman, Laundry and Housekeeping Supervisor; Wilma Hutchings, Dietary Supervisor; Gaynor Daly, Physical Therapist Jim Edinger Maintenance.

Mary Lou Tindle. Administrator: Judy Blessett, Therapy Aide; Gaynor Daly. Registered Therapist.

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AREA 1--BONNIE KENNEDY--HAMMOND

A resident of Hammond, Indiana, Bonnie Kennedy spent her early life on an Illinois farm. She milked cows and did other farm chores.

She raised five children. When the last child left the farm, she and her husband, Silas, moved to Hammond.

She was active in the formation of the Lake County Economic Opportunity Council. Bonnie has served as Columbia Center Site Council Secretary and has been president of the South Side Senior Citizens Club.

She is now treasurer of the Neighborhood Action Council, serves on a refreshment committee and is active in the transportation advisory council and legislative committees.

Bonnie founded a teenagers club this spring, which has grown from a membership of six to a membership of 42. Sponsored by the Neighborhood Action Council, this is a club where teenagers can come and talk. They're listened to attentively. No parents are allowed.

A member of both the Area 1 nutrition council and the Agency on Aging advisory council, she has also served 16 years at the Columbia Center Food Stamp Office.

Even with all of these activities, she finds time to teach Sunday School at the First Church of God.

AREA 2--DEWITT HUNTER--SOUTH BEND

DeWitt Hunter's application for this honor, which was filled out by others, stated, "Mr Hunter has spent his entire adult life serving others."

Seven years as representative of St. Joseph County on the Area 2 Agency on Aging advisory council, nine years on the board of directors of the Community Services Council in his area, 10 years as a Retired Senior Volunteer at a nutrition site and 18 years on the Board of Trustees at Olivet A.M.E. Church are a few of DeWitt's accomplishments.

In addition, he is a charter member of the South Bend Mayor's Older Adult Advisory Board, a charter member of the board of directors of REAL Services of St. Joseph County, a member of the YMCA Community Services Board, a member of the South Bend and Indiana State Chapters of the NAACP and is chairman of the state NAACP finance committee.

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AREA 3--CLAUDE KOONS--UNIONDALE

If all he did was to take aged pets of older people to a veternarian, Claude Koons would be a strong candidate for Older Hoosier of the Year. But he does much more.

He transports people to church, to the doctor, to the dentist and a number of other places. His good citizenship is so valued in Wells County that he received the 1982 Community Services Award, the highest honor a person of this county can receive.

Claude works diligently for the Wells County Council on Aging, serving on its transportation committee and personnel committee. He has been a member of the board at the United Methodist Church of Uniondale for 29 years.

Those who prepared a biographical sketch of Claude commented, "He is a very humble, honest and sincere person who goes about giving a helping hand in a very quiet manner. The elderly and ailing in his community have a deep love and respect for Claude Koons."

AREA 4--SYDNEY WILLIAMS--MONTICELLO

Syd Williams spent his early years in the theater. He spent them in a lot of theaters because his parents were a vaudeville song and dance team who travelled on the famed Okeefe circuit.

His family settled in Chicago, where Syd attended Crane Technical High School. The training Syd received must have been pretty good because he owned a tool manufacturing company and served as chief tool designer for another company before he retired.

Since 1977, Syd has been a resident of Indiana. He has served in varied facets of the aging network since that time.

He narrates a local radio program about senior citizens activities and belongs to almost every senior citizens club in White County. After moving to Indiana, Syd met and married the former Gladys Richey, a life long resident of White County.

Syd is a member of the Board of Directors of the Older Hoosiers Federation. He was a delegate to the 1982 Older Hoosiers Assembly.

AREA 5--NO CONTESTANT

AREA 6--HAZEL MYERS MINNEFIELD--ANDERSON

Hazel Myers Minnefield has served so many organizations and done so many things it is difficult to compress her activities into a few paragraphs.

She has served her church for more than 50 years and has held a number of offices. Her civil rights experience is outstanding.

An active member of the NAACP for more than 30 years, she organized and was president of the State Ladies' Auxiliary for eight years, helped organize the 1973 NAACP convention in Indianapolis and was secretary of two regional conferences.

She has attended all national conferences of the Urban League for 10 years and has been a speaker at many of their functions. She is an active and participating member of the Black Caucus.

Hazel has been active in the National Association of Colored Women's Clubs on every imaginable level. She has, for example, attended every state conference for 16 years.

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She is the recipient of 23 awards, including the Harry E. Beckman Award, the highest award given by the Madison County Branch of the NAACP for work in civil rights.

In 1981, she was chosen one of 20 outstanding black female members in the nation at the NAACP Conference in Cincinnati.

AREA 7--HERALD T. ROSS--GREENCASTLE

Since his retirement, following an illustrious career at DePauw University in Greencastle, Herald T. Ross has been very active in senior citizen activities.

He is a charter member and incorporator of the Putnam County Chapter of the American Association of Retired Persons, a member of the Indiana Joint State Legislative Committee, a member and officer of the Putnam County Council on Aging, Senior Intern in the office of Congressman John T. Myers, delegate to the Older Hoosiers Assembly and a member of the advisory council of the Retired Senior Volunteer Program.

He served in World War I. Since that time, he has engaged in educational pursuits. A graduate of DePauw, he attended the University of Liverpool in England, earned a masters degree from Columbia University and a doctorate from the State University of Iowa.

Herald was head of the Department of Speech and Director of the Little Theater at DePauw from 1936 through 1961. He subsequently served the university in other capacities.

Following his retirement, he was assistant dean of the university and director of graduate study for three years.

AREA 8--R.L. "RUSS" SOUTHWORTH--PLAINFIELD

When writing of Russ Southworth, Christian M. McClure, executive director, Hendricks County Senior Services, commented, "While many former "Older Hoosiers of the Year" have been well known in advocacy, legislation and acclaim at higher levels within Indiana's aging network, few have been so involved in helping the elderly on a day-to-day basis.

"When Russ visits the lonely, provides garden-fresh vegetables for the low-income, sees that the elderly

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are provided local transportation and is generally the local champion in advocacy, then he is deserving of some honor."

Russ led the appeal to the Plainfield Town Board for the purchase of a $16,000 van for use in Guilford Township. He was chief fund raiser for the Senior Citizens Building. In 1981, he was named "Senior Citizen of the Year" by the Plainfield Jaycees.

Russ'es business career involved 44 years in the brass industry. He retired as superintendent of the non-ferrous tube division of Bridgeport Brass Company.

AREA 9--CHARLES R. "C.R." GOLAY--CAMBRIDGE CITY

Charles R. "C.R." Golay has done many things for the good of mankind, seeking no fanfares and no publicity. He helped some senior citizens buy homes. He literally purchased homes for others.

He has helped elderly people pay fuel bills and has paid for landscaping of their property. Before C.R. reached the age of 60, he was responsible for building a new worship center for the Cambridge City Christian Church.

C.R. stipulated that it be built without steps to accommodate those who are handicapped and that the "Senior's Class" meet on the ground level.

He was also responsible for construction of the Golay Community Center--a 38,000 square foot structure. It, too, was built with older people in mind. For their benefit, it includes a kitchenette, a place for exercising, a swimming facility and room for classes. Eye and blood pressure testing are also accomplished in the center.

C.R. was one of 10 recipients of the 1982 Indianapolis Star Jefferson Award for his qualities of selflessness and civic awareness. His concerns are not only for older Hoosiers, but also for younger people.

He provides financial aid to college students, sponsors youth programs such as Little League and Future Farmers of America and supports the Campus House Ministry at Purdue University.

AREA 10--MAURICE E. ENDWRIGHT--ELLETTSVILLE

The headlines of the July 21, 1971, edition of the Ellettsville Journal read, "Endwrights Tried and Convicted of Using Their Influence for the Good of the Community." The story paid tribute to the 31 years of service that Maurice and his brother had given to their hometown, Ellettsville.

Ten years later the headlines could have referred to the good Maurice had accomplished for the State of Indiana and all older Hoosiers. Hundreds watched as he received the Sagamore of the Wabash award from Governor Robert D. Orr.

This was at his retirement party. He had served as executive director of the Indiana Commission on Aging and Aged for eight years.

Maurice has bridged the generation gap. He has given leadership to youngsters in the 4-H movement and in Scouting. He has been actively involved on local and state levels with Junior Achievement and Agricultural Extension Services and has given great encouragment to budding journalists.

In the eight years he served the Indiana Commission on Aging, his new bride rarely saw him two consecutive nights. He was meeting and listening to the ideas of older people in every county and at every gathering that needed his support.

Area 11--Orphie R. Bridges--Columbus

The day after he graduated from Purdue University, Orhpie R. Bridges took a job with Noblitt-Sparks (now Arvin Industries). He served this organization in Greenwood, Franklin, Seymour and Columbus.

Never one to neglect civic responsibilities, he has been scoutmaster, president of two Rotary Clubs (not at the same time), treasurer of the Bartholomew County Shrine Club, a member of the board of directors of Methodist Hospital and a temporary director of the Heritage Fund in Columbus.

Also temporary was a job he assumed with Arvin in 1971. He was sent to Hong Kong to manage a radio plant for a few months. The job lasted until 1976, when Orphie returned to Columbus.

One person commented, "His community service activities picked up without missing a beat."

He serves his church, his community, older people and his family. He and his wife, Marge, raised five children, as well as a niece.

AREA 12--GLADYS KINMAN--RISING SUN

One of the activities Gladys Kinman currently enjoys is attending the Switzerland-Ohio County Retired Teachers Association meetings. She also is a regular attendee of the Monday Night Club.

The Monday Night Club takes interest in and assists homebound people, nursing home residents and the disadvantaged. Gladys remains active in her church and is also a Rising Sun nutrition site participant.

She has served on the Area 12 Council on Aging Nutrition Advisory Board and was the Area 12 Senior Queen nominee in 1977.

Gladys received her advanced education the hard way. After she graduated from Patriot High School, she continued her education at what was then Indiana State Teachers College every summer. She earned her masters in 1934.

She was a school teacher for 31 years in her home state. She sought the warmth of Southern California in 1949 and taught school there for eight years.

She then returned to Rising Sun, where she has worked as a substitute teacher and has tutored students fora number of years.

AREA 13A--FRANCIS H. LUEKEN, SR.--FERDINAND

The recipient of untold awards and honors for his work in agriculture, Francis H. Lueken, Sr., has also been honored for his work with senior citizens.

In 1978, he was named Older Male Hoosier of the Year by the DuBois County Council on Aging board of directors. Francis served four years as chairman of the Area 13A Area Agency on Aging board of directors and is still a member of that body.

He is a member of the Area 13A legislative committee and is a volunteer driver of the senior citizens station wagon one day a week.

Francis serves as chairman of a five member board which organized "Ferdinand Housing, Inc.," a non-profit organization which provides housing for the elderly. Twenty units are now in operation and 20 more are contemplated.

He has held local and state offices in the Farm Bureau, won second place in the Louisville Courier-Journal Farm and Home Improvement Contest, was named grand champion "greener pasture" winner in Spencer County and received leadership awards for service to

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Spencer County 4-H Clubs.

In 1972, Francis received the Certificate of Distinction for outstanding service to agriculture from the Purdue University Alumni Agricultural Association. This honor is presented to only three or four people in Indiana each year.

AREA 13B--MARY E. KOLB--PRINCETON

During the past year, Mary E. Kolb has continued her varied activities, many of them a great help to the elderly. She is a member of the American Association of Retired Persons, National Retired Teachers Association, Indiana Retired Teachers Association, Eastern Star, Daughters of the Nile, National Education Association, Indiana State Teachers Association and American Federation of Teachers.

Mary helped organize the Gibson County Council on Aging and was its first president. She was very active in promoting congretate meal sites, transportation for the elderly and senior citizen housing.

A dedicated teacher, Mary has taught every grade ranging from kindergarten through the fourth year of high school. Her teaching career began in a one room school when she was 18. She subsequently returned to college to qualify for the multitude of other teaching assignments she has held.

Mary has visited 48 of the 50 United States, has crossed the Arctic Circle, and has toured Canada, Mexico, Costa Rica, Barbados, Spain, Italy, Austria, Germany, France, England and Scotland.

AREA 14--FRANK MARDIS--NEW ALBANY

The concern Frank Mardis has for the handicapped, especially the elderly handicapped, is clearly evident in his work since he retired from the New Albany-Floyd County School System after 41 years.

He began working in Scouting after he retired and also volunteered to help make minor home repairs for older people who are served by the South Central Council for the Aging.

He "graduated" to a "Barrier Free Consultant." This simply means he inspected parking spaces to make sure provision was made for the handicapped. Under his urging, a city ordinance was passed to provide

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such spaces.

Frank has been consulted about specifications for nutrition sites, restrooms and other facilities so that they can more adequately serve the handicapped. He founded the South Central Association of the Handicapped in 1980 and still serves as a consultant to them.

He received the Indiana Commission for the Handicapped Distinguished Service Award in 1981 for most outstanding service to the handicapped of Indiana.

Frank is also past president and an active member of the New Albany Senior House, Inc., a group of 75 senior citizens.

AREA 15--COHEN BYRD--MILLTOWN

Cohen Byrd has served on any number of committees for the Older Americans Services Corporation and for the Area 15 Agency on Aging. In addition, he has been president of "Ye Ole Mill"(Senior Citizens) Club for five years.

Budget committee, legislative committee, volunteer van driver and "committees and boards too numerous to mention" are a few of his other accomplishments.

THE COURIER-JOURNAL, MONDAY, JUNE 28, 1982

Mail carriers act as special deliverers for elderly

By LINDA STAHL
Courier-Journal Staff Writer

NEW ALBANY, Ind. — "Here comes knobby knees now," said Pearl Renck as she sat on her back porch on Galt Street.

Her face brightened as a young man clad in Bermuda shorts approached.

It was the mail carrier, 33-year-old Ronnie Brown.

Her husband, Chester, asked if there were any bills or checks. Not today, said Brown.

"I'm tired of paying, Ronnie. I want to be on the receiving end," Mrs. Renck bantered.

The Rencks, Chester, 64, and Pearl, 65, are special to Brown. Although he cares about many people on his route, he keeps an especially close watch over the Rencks, because they have told the post office they might need his help.

They are among about 75 New Albany residents who have signed up for the city's special "carrier watch" program since it was inaugurated in March.

The program is based on the premise that if mail piles up in the box of an elderly or disabled person, he or she might be in trouble.

Those in the carrier-watch program have filled out a card that is filed with the South Central Indiana Council for the Aging and Aged.

The card lists the name of a person to be notified in an emergency. It also lists medical problems, and a physician's phone number and hospital. The participants also indicate if a relative or neighbor has a key to their house.

People joining the program are asked to report to the council for the aging when they expect to be away from home for 24 hours or more so that the mailman can be informed.

So that a substitute mail deliverer will know which home is occupied by a carrier-watch customer, a small sticker is placed on the mailbox.

Chester Renck signed up for the program even though they have children who look in on them.

Renck has high blood pressure, and Mrs. Renck had a stroke last Christmas.

"You never know when something could happen to me," said Renck, whose hearing is poor.

And when his wife had the stroke, it was a while before he heard her calling for help.

And the Rencks live in a 150-year-old house that has a big lawn. Their neighbors aren't very near.

Mary Engleman, a widow for 11 years, is also on Brown's route of 600 customers in eastern New Albany.

She heard about the carrier-watch program when a woman gave a speech about it at a meeting of the local chapter of the National Association of Retired Federal Employees.

"Right away I filled out a card and sent it to the post office," said Mrs. Engleman. "If the mail piled up in my box, they'd investigate. I gave them my sons' names and ac dresses.

Mrs. Engleman, in her 70s, sai

See MAIL
Back page, col. 1, this secti

Staff Photo by Robert Steinau

New Albany postman Ronnie Brown chats with Mrs. and Mrs. Chester Renck. The Rencks are in "carrier-watch," a project to keep watch on elderly and disabled people.

Mail carriers watch out for elderly

Continued from Page One

"I think it's a good thing for widows who live by themselves."

She is in good health but says Brown could be of assistance if she fell and couldn't reach a phone.

Besides, Mrs. Engleman likes chatting with the mail carrier as he makes his rounds.

She likes to show off her vegetable and flower garden to him. "You can tell I spend all my time out here by the color of my skin," she said.

Ken Wiseman, the New Albany letter carrier who pushed for the carrier-watch program, considers it a safety net.

Wiseman, who has carried mail for 22 years, said there has been an informal system for keeping an eye on the elderly and disabled for a long time, but the new program makes sure adequate information is on file with an agency that can help.

If a mail carrier thinks there is an emergency, the council for the aging or the post office is called, and help is summoned.

Wiseman, 54, first heard about the program from a mail carrier who attended a conference in St. Louis, where a similar program was discussed.

Nancy Shiner, program developer for the council on aging and aged, said thatfiremen, policemen, and ambulance drivers know about the mailbox stickers, too, which means they can be immediately helpful in case of emergencies.

She said carriers have made about five calls to the council checking on people signed up for the carrier-watch program. In each case, the people had been hospitalized or had gone to a nursing home.

In one case, the mail of a hospitalized woman was accumulating, and the council had a neighbor pick it up for her.

No mail carrier has found anyone in trouble yet, said Ms. Shiner. "We're glad they haven't, of course. But we're glad to know we have a system that works in case someone does get into serious trouble."

She wants to expand the program into Floyd County outside New Albany.

Postal officials in Louisville said they believe the New Albany carrier-watch program is the only one in Southern Indiana.

There is a similar program called "postal alert for the homebound and elderly" in Jefferson County, Ky., they said.

TUESDAY, JUNE 29, 1982

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Mail Carriers Are Keeping An Eye On Residents

NEW ALBANY, Ind. (AP) — Ronnie Brown spends part of the time on his mail route being nosy. He doesn't open people's mail, but he checks to make sure delivered mail is taken in each day.

People along his route in eastern New Albany appreciate it.

Brown keeps tabs on some of elderly and disabled clients as part of a "carrier watch" program.

It is based on the premise that if mail piles up in the box of an elderly or disabled person, he or she might be in trouble.

"Here comes knobby knees now," Pearl Renck cracked as Brown trudged up to her house.

Mrs. Renck and her husband, Chester, are two of about 75 New Albany residents who filled out cards listing names of people to be notified in case of an emergency, a list of medical problems, physicians' home telephone numbers and hospitals.

Each card, which also indicates whether a friend or relative has a key to the house, is filed with the South Central Indiana Council for the Aging and Aged.

People joining the program are asked to report to the council when they expect to be away from home 24 hours or more so the mailman may be told. Stickers identifying participants in the program are placed on mail boxes so replacement carriers will know a home should be watched.

Chester Renck signed up for the program even though his children check him and his wife, who is 65. "You never know when something could happen to me," said Renck, 64, whose hearing is poor.

Mary Engleman, a widow 11 years, heard about the program at a meeting of the National Association of Retired Federal Employees.

"Right away I filled out a card and sent it to the post office," she said. "If the mail piled up in my box, they'd investigate. I gave them my sons' names and addresses."

Mrs. Engleman, who said she is in her 70s, is in good health but said the carrier could be of assistance if she fell and couldn't reach a phone. "I think it's a good thing for widows who live by themselves."

Ken Wiseman, a New Albany mail carrier 22 years, first heard about the program from another carrier at a conference in St. Louis.

Wiseman said there always has been an informal system among mailmen for keeping an eye on the elderly and disabled. The new system, he said, adds to that by making sure adequate information is on file with an agency that can help.

Nancy Shiner, progra director for the aging counc said carriers have ma about five calls to check people signed up for carr er-watch. In each case, th people had been hospitalize or had gone to a nursing home.

No mail carrier has found a resident in trouble yet, said Ms. Shiner. "We're glad they haven't, of course," she said. "But we're glad to know we have a system that works in case someone does get into serious trouble."

The Tribune, New Albany, Ind., Fri., Jan. 15, 1982

Senior Olympics again planned

The South Central Indiana Council for the Aging and Aged, Inc. is sponsoring its second annual Senior Olympics September 15-18.

Those wishing to register for any of the events may do so by contacting the council. Men and women, aged 55 and older, living in Floyd, Clark, Harrison, and Scott Counties are eligible to participate.

Events are as follows: basketball, free throw and horse; bowling; euchre; bridge; pinochle; checkers; golf; paddle boat race; croquet; bake-off, pies and cakes; billiards; tennis, singles, doubles, mixed doubles; fishing, most fish, and largest fish; hobby show; and dance contest, square dancing, clogging, round dancing, Foxtrot, Charleston, and best costume.

The Tribune, New Albany, Ind., Wed., July 21, 1982

Doris Beets Is Now Recording Artist

Doris Beets, local singer of the Kentuckiana Area, has realized one of her life's ambitions when she made a record at Nashville, Tenn. recently. She recorded four new songs written by Don Phillips, well known musician who has had several songs recorded. The record being released at this time has "There's Lots Of Lovin," with "I'm Sorry I Ever Started," on the flip side.

Beets prepared for this goal most of her life as she began singing in public at the age of vie. She sang through grade school and high school. Although she decided to marry at an early age and raise a family, she never completely dropped out of music. Her husband's work moved the family to Bloomington, where it didn't take Doris long to get into music. She joined Town Theatre and did Gilbert and Sullivan for several years. Doris has always sang in church choirs and performs for many benefits, banquets and parties.

Upon moving back to New Albany, Doris met á lday who was very fond of music, Helen Pearson. Helen was responsible for a chain of events that followed; including singing for the Senior Citizens Rhythmaires Band. Doris wasn't a Senior Citizen, but they adopted her as a singer.. They entertained at the New Albany Holiday Inn for seven months on Monday nights. Later Doris formed her own group, "Doris Beets and the Up Beats" and for two and one-half years played for dances, banquets, wedding receptions, etc. in the Kentuckiana Area.

Later on, Doris had an opportunity to perform on weekends at Bernie's Back Room singing dinner music. Slats Ferguson, well known key board player and organist at Bernie's and Doris have been a team for two and one-half years. They are both fond of new songs written by Don Phillips and due to the response and favorable comments, they usually include several of his songs while entertaining which in turn resulted in the selection of his material for the recording session.

The Nashville Recording session included songs for another record which she plans to release in the future.

RECORDS SINGLE — Doris Beets of New Albany, has recorded "There's Lots Of Lovin' " and "I'm Sorry I Ever Started" in Nashville, Tenn., and is now in the process of promoting her new single. Doris has been a singer since the age of five and has most recently performed at Louisville's Bernie's Back room with Slats Ferguson. She sang for two and one-half years with the Rhythmaires Band, as an adopted senior citizen, performing at the Holiday Inn.

The Tribune, New Albany, Ind., Thurs., July 15, 1 82

Sports Festival Torch Coming Here t

Runners selected from a cross-section of New Albany residents will bear an Olympic torch through the city for seven miles next Tuesday, stopping only for brief ceremonies at two schools.

The torch is one of those being carried by relays of runners from Pikes Peak, Colo., to Indianapolis for the opening ceremonies of the National Sports Festival beginning there July 23.

Major Michael Culwell of the New Albany Police Department, who will coordinate the Floyd County segment of the torch run, will himself be among local runners. Culwell took up running seriously about six months ago on the occasion of a bet between a number of city police and firemen over who could lose the most weight in a specified period.

Culwell won the bet, shedding 63 lbs. and finding a new avocation in the process. Since beginning running, he has participated in about 10 local races and placed third in state running competition among police officers.

But Culwell will be but one of 14 local runners who will bear the torch through city streets at 5 p.m. next Tuesday after receiving it from a team of similar runners who have borne it through Clark County.

The torch is scheduled to arrive in Jeffersonville about 3 p.m. Tuesday after a trip down the Ohio River from Madison by boat.

After ceremonies at the Overlook on Riverside Drive in Jeffersonville, about a dozen Clark County runners will carry the torch through Jeffersonville and Clarksville.

Clark County runners will leave the Overlook with the torch, running west on Market Street in Jeffersonville, down Riverside Drive in Clarksville to Sherwood Avenue, Clark Boulevard, Randolph Avenue, Washington Street and North Clark Boulevard where they will hand over the torch to Floyd County runners.

The Floyd County team is a varied group including young and old runners, women and men, a retarded child and even a "guest runner" from Louisville.

For example, Charles Whelan, 71, who placed first in a division of the Senior Olympics, will carry the torch during a segment of ceremonies at New Albany High School's Buerk Field. Also participating in the Buerk Field ceremonies will be Ellis "Bud" Flynn, president of the New Albany Parks Board, who will run a lap around the track helping a child bear the torch.

Other persons who will run varying segments of the seven-mile distance include: Kevin Hornung, who will receive the torch from Clark County runners in the vicinity of the Clarksville Drive-In; Eric Hickerson, who will carry the final segment ending at the city limits on Grant Line Road; Larry Brumley, Jim Estes, Deron Pavey, Imogene Fee, Bryan Ferrari, Beth Buescher, Autumn Coates and Steve Burks.

Ken Combs, who has been active in running and track activities in the Falls Cities area, will be "guest runner," Culwell said.

Path of the run through New Albany is westward along Spring, north on Vincennes to Buerk Field, thence back along Vincennes and out Charlestown Road to Klerner Lane and along Mount Tabor Road to the Mount Tabor School where another brief ceremony is scheduled. From there, the torch will be borne out Grant Line Road to the city limits.

Ledger-Tribune, New Albany, Ind., Sun., July 18, 1982

Legislative Seminar

The South Central Indiana Council forthe Aging and Aged, Inc., will sponsor its annual Legislative Seminar on Thursday, July 29, 10 to 2 (EDT). All legislative candidates for state or federal office and the county prosecuting attorneys to be elected from Clark, Floyd, Harrison, and Scott counties have been invited to speak on issues which affect senior citizens. After each candidate's presentation, a question and answer period will follow.

The meeting will be held at Our Lady of Perpetual Help Church, 1752 Scheller Lane, New Albany. A Nutrition meal (box lunch) will be served. People 60 years of age and older will pay according to their ability; people under 60 will pay $2.50. Reservations for the lunch must be made by Tuesday, July 27, by calling the following numbers: Floyd and Clark counties - 948-8330; Harrison County - 738-3065; Scott County - 752-4134.

This legislative seminar is held to present a united front so all Senior Citizens, their clubs, and organizations will have a greater impact on the November election and the forthcoming sessions of the General Assembly and of Congress, according to Thelma Bertrand, Executive Director of the Council. The Council has selected four representatives to serve in the Older Hoosiers Assembly to be held in Indianapolis in September - Mr. and Mrs. Edgar Day, Mrs. Rebecca Arnold, and John Brogan. These representatives will take to this assembly the resolutions adopted at the legislative seminar and from the legislative surveys which have been conducted in the four counties during the month of June.

All senior citizens and those who work with them are invited and encouraged to attend. For further information, call the Council 948-8330.

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2 THE INDIANA WEEKLY, WEDNESDAY, JULY 21, 1982

Seminar to show elderly have political clout

The South Central Indiana Council for the Aging and Aged sponsors an annual Legislative Seminar to show that senior citizens, as a group, can have an impact on elections and the legislative process.

This year's seminar will be held from 10 a.m. to 2 p.m. July 29 at Our Lady of Perpetual Help Church, 1752 Scheller Lane, New Albany.

All legislative candidates for state and federal offices and that of county prosecuting attorney have been invited to speak on issues affecting senior citizens. A question-and-answer period will follow each candidate's presentation.

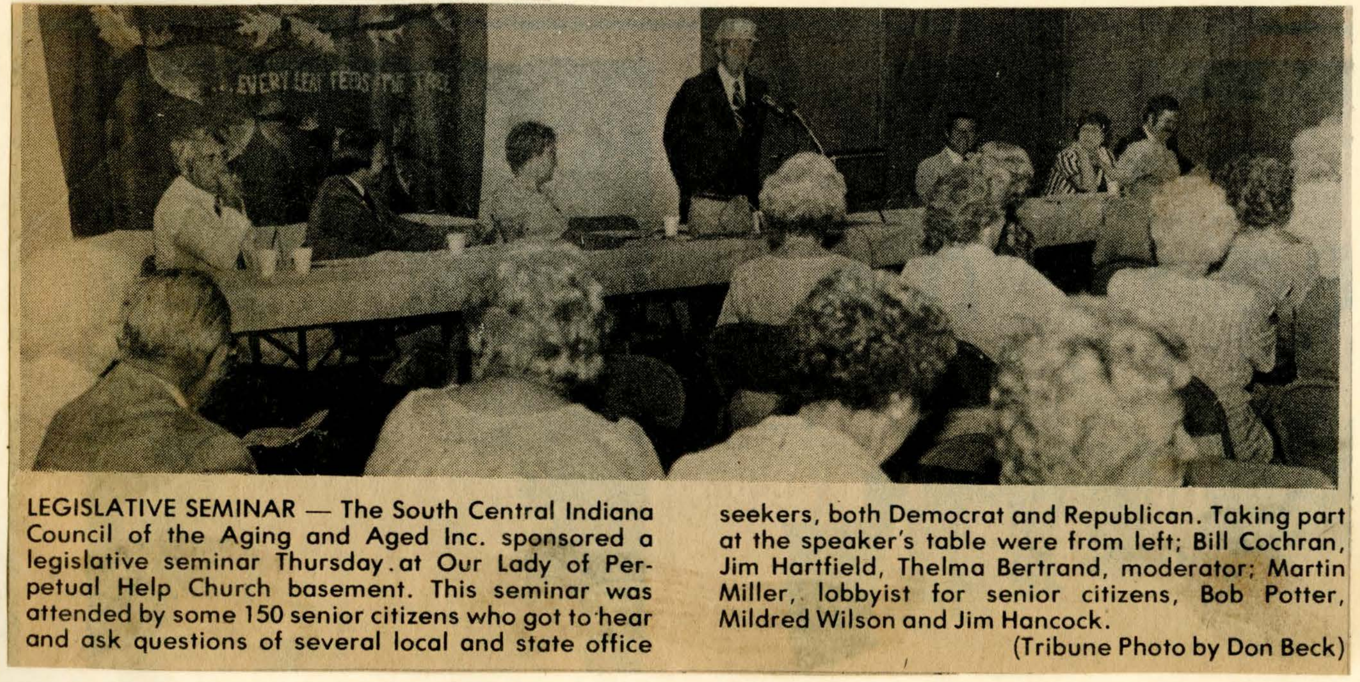
According to Thelma Bertrand, the council's executive director, the seminar is held to present a united front so all senior citizens, their clubs and organizations will have a greater impact on the November election and forthcoming sessions of the General Assembly and Congress.

The council named four representatives to serve in the Older Hoosiers Assembly to be held in Indianapolis in September.

They will present resolutions adopted at the seminar, as well as results of legislative surveys conducted in Floyd, Clark, Scott and Harrison counties last month, to the assembly. They are Mr. and Mrs. Edgar Day and Mrs. Rebecca Arnold of New Albany and John Brogan of Jeffersonville.

A box lunch will be served at the seminar. People 60 and over will pay according to ability; the charge is $2.50 for those under 60. Reservations for lunch must be made by July 27 by calling these numbers: Floyd and Clark counties, 948-8330; Harrison, 738-3065; Scott, 752-4134.

The Tribune, New Albany, Ind., Fri., July 30, 198


EVERY LEAF FEEDS THE TREE

LEGISLATIVE SEMINAR — The South Central Indiana Council of the Aging and Aged Inc. sponsored a legislative seminar Thursday at Our Lady of Perpetual Help Church basement. This seminar was attended by some 150 senior citizens who got to hear and ask questions of several local and state office seekers, both Democrat and Republican. Taking part at the speaker's table were from left; Bill Cochran, Jim Hartfield, Thelma Bertrand, moderator; Martin Miller, lobbyist for senior citizens, Bob Potter, Mildred Wilson and Jim Hancock. (Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Fri., July 30, 1982

NEW ADVISORY COUNCIL — New members of the Retired Senior Volunteer Program (RSVP) advisory council, were introduced at the council's July meeting. From left are Dorothy Michael, volunteer coordinator at Clark County Memorial Hospital; Edgar Day, representing the board of directors of the South Central Council for the Aging and Aged, Inc., sponsors of RSVP; Margherita Loudon, former RSVP director from Daviess County, now representing Harrison County; Linda Codey, RSVP director, and Dallas Wright, retired Harrison County resident. Not pictured is Jerry Jacobi of the Clark County prosecutor's office. Advisory members serve for three year terms. (Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Wed., July 28, 1982

COUNCIL OFFICERS — Ben Shiner, left, of John Shiner and associates, was reelected to his second term as chairman of the Retired Senior Volunteer Program Advisory Council at the July 27 meeting. Assisting him will be, from left, Laura Leffler, Harrison County Welfare Department, vice chairman; Kathryn Clagett, retired from the US Census Bureau, is secretary and Thelma Bertrand, executive director of the South Central Indiana Council for the ged and Aging Inc., the sponsoring body. The advisory council meets bi-monthly to assist the project director in program development.

(Tribune Photo by Don Beck)

THE BANNER-GAZETTE, Wednesday, July 21, 1982

Legislative seminar planned by Council for the Aging

The South Central Indiana Council for the Aging & Aged, Inc., will sponsor its annual Legislative Seminar on Thursday, July 29, from 10 a.m.-2 p.m. (fast time). All legislative candidates for state or federal office and the county prosecuting attorneys to be elected from Clark, Floyd, Harrison, and Scott Counties have been invited to speak on issues that affect senior citizens. After each candidate's presentation, a question and answer period will follow.

The meeting will be held at Our Lady of Perpetual Help Church, 1752 Scheller Lane, New Albany. A nutrition meal (box lunch) will be served. People 60 years of age and older will pay according to their ability; people under 60 will pay $2.50. Reservations for the lunch must be made by Tuesday, July 27, by calling the following numbers: Floyd & Clark Counties--948-8330; Harrison County-738-3065; Scott County--752-4134.

This legislative seminar is held to present a united front so all senior citizens, their clubs, and organizations will have a greater impact on the November election and the forthcoming sessions of the General Assembly and of Congress, according to Thelma Bertrand, executive director of the council.

The council has selected four representatives to serve in the Older Hoosiers Assembly to be held in Indianapolis in September. They are Mr. and Mrs. Edgar Day, Mrs. Rebecca Arnold, and Mr. John Brogan. These representatives will take to this assembly the resolutions adopted at the legislative seminar and from the legislative surveys which have been conducted in the four counties during the month of June.

All senior citizens and those who work with them are invited and encouraged to attend. For further information, call the council at 948-8330.

The Tribune, New Albany, Ind., Fri., July 30, 1982

Coates Calls For Leaner Government

Ninth District Congressional Candidate Floyd Coates told a seminar on aging and the aged in New Albany Thursday that "Social Security is endangered by the mismanagement of big government," and that "only responsible leadership determined to cut unnecessary cost can preserve the freedom from want of our senior citizens as well as our posterity."

The seminar was Thursday afternoon at the Perpetual Help Church.

This was Coates' first campaign appearance in New Alany since he concluded his walking tour of the Ninth District earlier this month. The walk, which included a trek through New Albany and Floyd County, covered a total of 221 miles.

Coates told the seminar, "Social Security is suffering from the same hard times as the rest of the economy. Productivity is down, unemployment is high, interest rates are even higher. The President has made great progress in the fight against inflation, but we must control runaway federal spending before it washes our economy away and Social Security with it."

Coates also discussed the problem of waste in Social Security. "Only this year did we discover that $700 million dollars a year are paid out in Social Security benefits to non-American citizens living abroad, because they worked a few months in America as illegal aliens and were placed on Social Security rolls. Another $2 billion a year goes to ineligible recipients. It is clear that our freedom from want is being taken away by an inefficient and unresponsive bureaucracy in Washington. Only when we have more thrift-minded Congressman will we root out such waste and fraud from the system we all depend upon for a secure retirement."

Coates also said he was pleased by reports this week from Washington indicating the Administration plans to renew grain sales to Russia for another year. Monday, Coates had said a new grain embargo would be ineffective and unjustified and advocated a cutoff of all high technology trade to the Soviet Union instead.

The Tribune, New Albany, Ind., Fri., Aug. 20, 1982

Public Hearing And Picnic Concerns Seniors

The annual public hearing of the area plan of the South Central Indiana Council for the Aging and Aged, Inc. will be at Community Park, Grant Line Road, New Albany, Sept. 9, 1982 at 1:30 p.m.

The 1983 proposed budget and goals will be presented to the public for review and comment.

The presentation of the plan will be combined with the RSVP picnic and recognition of volunteers. The public is invited to both events. The picnic starts at 10 a.m. with games and bingo. RSVP volunteers are asked to bring a covered dish. Anyone not a RSVP volunteer is to pay $1.00 per person toward the cost of the ham and are to bring a covered dish.

Reservations are required to attend the picnic. Call 948-8330 on or before Sept. 7. Reservations are not required to attend the public hearing at 1:30 p.m.

THE BANNER-GAZETTE, Wednesday, August 11, 1982

Senior Olympics accepting entries

Registration is still open for the 1982 Senior Olympics, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. The olympics will be held on Sept. 15-18.

Men and women, aged 55 and older, living in Floyd, Clark, Harrison, and Scott Counties are eiligible to participate. Events for competition are as follows: basketball, bowling, euchre, bridge, pinochle, checkers, golf, paddle boat race, croquet, bake-off for pies and cakes, billiards, tennis, fishing, a hobby show, and a dance contest including square dancing, clogging, round dancing, foxtrot, charleston, and best costume.

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estown, In., COURIER, Wednesday, July 21, 1982

Council for Aging to sponsor seminar

The South Central Indiana Council for the Aging and Aged, Inc., will sponsor its annual Legislative Seminar on Thursday, July 29, 10:00-2:00 (EDT). All legislative candidates for state or federal office and the county prosecuting attorneys to be elected from Clark, Floyd, Harrison, and Scott Counties have been invited to speak on issues which affect senior citizens. After each candidate's presentation, a question-and-answer period will follow.

The meeting will be held at Our Lady of Perpetual Help Church, 1752 Scheller Lane, New Albany. A nutrition meal (box lunch) will be served. People 60 years of age and older will pay according to their ability; people under 60 will pay $2.50. Reservations for the lunch must be made by Tuesday, July 27, by calling the following numbers: Floyd and Clark Counties, 948-8330; Harrison County, 738-3065; Scott County, 752-4134.

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All senior citizens and those who work with them are invited and encouraged to attend. For further information, call the council, 948-8330. +

Ledger-Tribune, New Albany, Ind., Sun., Aug. 22, 1982

Senior Olympics

Senior Olympics

Sponsored by

The South Central Indiana Council for the Aging and Aged Inc.

September 15, 16, 17, 18
Registration Aug. - Sept. 14

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Floyd County Bank
Scottsburg Kiwanis Club
Scottsburg Building & Loan Assoc.
First National Bank of Scottsburg
Scott County State Bank
Colgate Palmolive
Southern Indiana Abstract

EVENTS

Basketball
Card Games
Golf
Paddle Boat Race
Croquet
Billiards
Fishing Rodeo
Dance Contest
Bake-Off
Tennis
Hobby Show
Track and Field

FEES:
Bowling 50¢ & 2.10 Lane Free
All other events 50¢

For more information Call 948-8330

The Tribune, New Albany, Ind., Fri., Aug. 20, 1982

EXPLAINS LASER SURGERY — Dr. Daniel Akin, left, spoke to the residents at Riverview Towers about the modern techniques of laser ear surgury. Talking with Dr. Akin are, from left; Louise Ferris, Dorothy Alexander, June Dooley and Violet Shea.
(Tribune Photo By Don Beck)

Summers Rites Set

Funeral services for **Robert Earl Summers**, 62, 1708 National Ave., Jeffersonville, will be held at 1 p.m. Tuesday at Gilt Edge Missionary Baptist Church, 1713 Green St., Jeffersonville, with burial in Eastern Cemetery. He died Wednesday in Las Vegas, Nev.

He was a retired employee of the Jeffersonville Department of Redevelopment, secretary of the Odd Fellows Lodge, past grand master of the Odd Fellows Lodge, a member of the board of directors of the Council On the Aged and Aging, a trustee of the Gilt Edge Missionary Baptist Church, organist at the church and director of the Housing Authority.

Survivors include his wife, the former Helen Lawler; one daughter, Dottie Summers, Jeffersonville; his mother, Mrs. Margaret Jackson, Indianapolis; his stepmother, Mrs. Ada Summers, Detroit, Mich.; two grandchildren; and two great-grandchildren.

Visitation at the Mason Funeral Home, 828 Watt St., will be from 6 to 9 p.m. Sunday, and at the church after 6 p.m. Monday.

THE COURIER-JOURNAL, SATURDAY, AUGUST 21, 1982

Dorothalea Reinhart of Fort Branch was named Senior Queen after a competition among 15 local senior queens from around the state. Mrs. Reinhart, a 66-year-old grandmother, got a bouquet of roses, a kiss from Gov. Robert D. Orr and a standing ovation from spectators in the Senior Citizens Building.

Associated Press

Dorothalea Reinhart of Fort Branch signaled to her family yesterday after she was named Senior Queen at the Indiana State Fair. She got a bouquet of roses and a standing ovation.

Wednesday, Aug. 25, 1982, THE CORYDON DEMOCRAT, Corydon, Ind.

RSVP picnic planned

The annual public hearing of the area plan of the South Central Indiana Council for the Aging and Aged, Inc. will be held at Community Park, Grant Line Road, New Albany, Sept. 9 at 1:30 p.m.

The 1983 proposed budget and goals will be presented to the public for review and comment.

The presentation of the plan will be combined with the Retired Senior Volunteers Program picnic and recognition of volunteers. The public is invited to both events. The picnic starts at 10 a.m. with games.

RSVP volunteers are asked to bring a covered dish. Anyone not an RSVP volunteer is to pay $1 per person toward the cost of the ham and are to bring a covered dish.

Reservations are required to attend the picnic. Call 948-8330 on or before September 7. Reservations are not required to attend the public hearing at 1:30 p.m.

SATURDAY, AUGUST 21, 1982

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

SENIOR OLYMPICS

SEPT. 15, 16, 17 & 18, 1982

SPONSORED BY:
THE SOUTH CENTRAL INDIANA COUNCIL FOR THE AGING AND AGED, INC.

SENIOR OLYMPICS SCHEDULE OF EVENTS

TUESDAY	SEPTEMBER 13th thru 18th	
	Tennis Tournament	Skyline Tennis Club
WEDNESDAY	SEPTEMBER 15th, 1982	
10:00-11:00	Horseshoes	Community Park
11:00-1:00	Table Tennis	Ekin Ave. Rec. Center
1:00-4:00	Bowling	Silver Creek Lanes
THURSDAY	SEPTEMBER 16th, 1982	
8:00-8:00	Golf	Wooded View
11:00-12:30	Basketball	Community Park
1:00-4:00	Board Games	Ekin Ave. Rec. Center
9:00-10 p.m.	Hobby Show Registration	Greentree Mall
FRIDAY	SEPTEMBER 17th, 1982	
8:00-9:00	Hobby Show Judging	Greentree Mall
8:00-10:00	Track and Field	Clarksville High School
10:00-12:00	Croquet	Community Park
1:00-4:30	Bake-Off	Ken Ellis Sr. Center
SATURDAY	SEPTEMBER 18th, 1982	
8:00-12:00	Fishing Rodeo	Kopp's Lake
9:30-11:30	Billiards	IUS Games Room
11:30-1:30	Dance Contest	IUS Hoosier Room
1:00-3:00	Paddle Boat Race	IUS Lake
4:30-5:30	Closing Reception	Beechwood Community Building
8:30-9:00	Hobby Show Award Ceremony	Greentree Mall
9:00-10:00	Hobby Show Closes	Greentree Mall

FOR ADDITIONAL INFORMATION CALL: 948-8330

SPONSORS:

Duplicate Sales
Paper Products
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Circular Planning
Insurance Consultants
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Southern Indiana
Abstract Co. Inc.
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Mike Smith's Standard Service
H & H Electrical
New Albany Parks
and Recreation
Dick Williams Insurance
The Yesterday House
Colgate Palmolive
Floyd County Bank
Servomation
Scott County State Bank
Nicholson's Maytag
Sales & Service
Scottsburg Kiwanis Club
Scottsburg Building
& Loan Assoc.
First National Bank
of Scottsburg
John Shiner and
Associates, Inc.
Insur. & Risk Manag.

Wednesday, Aug. 18, 1982, THE CORYDON DEMOCRAT, Corydon, Ind.

Senior Citizen's Olympics

Are you fast, fit and over 55? Here's a chance to show you "still have it." The South Central Indiana Council for the Aging and Aged, Inc. is sponsoring the Senior Olympics.

The competition will be held from Sept. 15-18. There is no deadline but preregistration is encouraged.

Here are the basic rules:

1) Persons must be 55 years of age or older as of Dec. 31, 1982. Persons will participate in one age category except where designated.

2) Each event will carry an entry fee of 50 cents and is payable at the time of registration.

3) Each event must have at least (3) three participants in order to have an official First, Second and Third place medal awarded. Any event having less than three participants will be subject to being dropped from the list of official events.

4) To be eligible to enter any of the events, you must fill out the attached registration form and sign the standard release form.

5) Participants must be residents of Scott, Floyd, Harrison or Clark counties.

6) A female and male overall winner will be awarded a trophy on the basis of a point system. The overall winner must compete in more than one sports or event category.

7) To be eligible for medal consideration, a participant must compete within his age group where age groups are designated, and must complete the event. (A participant may compete in an alternate age group pending the approval of the event's official.)

8) In the event of a protest, the participant must submit his or her grievance in writing to the Senior Olympic Committee within 48 hours of the event. Any participant arguing with an official will be immediately disqualified from the entire Senior Olympics.

9) Pre-registration will continue up to the day of the events. The schedule of events is as follows:

Wednesday, September 15, 1982
10:00-11:00 Horseshoes, Community Park
11:00-1:00 Table Tennis, Ekin Ave. Rec. Center
1:00-4:00 Bowling, Silver Creek Lanes

Thursday, September 16, 1982
8:00-8:00 Golf, Wooded View
11:00-12:30 Basketball, Community Park
1:00-4:00 Board Games, Ekin Ave. Rec. Center
9:00-10 p.m. Hobby Show Registration, Greentree Mall

Friday, September 17, 1982
8:00-9:00 Hobby Show Judging, Greentree Mall
8:00-10:00 Track and Field, Clarksville High School
10:00-12:00 Croquet, Community Park
1:00-4:30 Bake-Off, Ken Ellis Sr. Center

Saturday, September 18, 1982
8:00-12:00 Fishing Rodeo, Kopp's Lake
9:30-11:30 Billiards, IUS Games Room
11:30-1:30 Dance Contest, IUS Hoosier Room
1:00-3:00 Paddle Boat Race, IUS Lake
4:30-5:30 Closing Reception, Beechwood Community Bldg.
8:30-9:00 Hobby Show Award Ceremony, Greentree Mall
9:00-10:00 Hobby Show Closes, Greentree Mall

Please check the below events to be entered. Clip out and mail in with registration form.

Senior Olympics Event Sheet

——Basketball (Free Throw)
——Basketball (Horse)
——Bowling
——Euchre
——Bridge
——Pinochle
——Checkers
——Golf
——Paddle Boat Race
——Croquet
——Bake-Off (Pies)
——Bake-Off (Cakes)
——Table Tennis
——Horseshoes
——Billiards
——Tennis (Singles)
——Tennis (Doubles)
——Tennis (Mixed Doubles)
——Fishing Rodeo (Most Fish)
——Fishing Rodeo (Biggest Fish)

Hobby Show
——Arts Division
——Photography
——Stitchery
——Crafts
——Collections
——Ceramics

Dance Contest
——Square Dancing
——Clogging
——Round Dancing
——Charleston
——Foxtrot
——Folk-Dancing
——Best Costumes

Track and Field
——100 M Dash*
——200 M Dash
——400 M Run
——800 M Run
——1600 M Run*
——1600 M Walk
——Softball Throw*
——Shot Put (8 lbs.)
——Mini-Decathlon (Must participate in starred events)

Please place a check in the blank space preceding each event in which you wish to participate.

Bowling — 50 cents plus $2.10 lane fee. All other events — 50 cents each.

Make checks payable to: Senior Olympics

Mailing address: Senior Olympics South Central Indiana Council for the Aging & Aged, Inc. 134 East Main Street New Albany, Indiana 47150 Attn. Health Services, 948-8330.

Entry Form and Statement of Release

I will not hold responsible the South Central Indiana Council for the Aging and Aged, Inc., the Clark and Floyd County Parks and Recreation or any other of their departments, representatives or agents for my health, safety or any injury which may result from my participation in the Senior Olympics.

I have no physical restrictions which prohibit my participation in the events I have selected.

My physician is aware of my intent to participate in the Senior Olympics.

You have my permission to have a physician attend me if it is deemed necessary during my participation in the Senior Olympics.

I have read and will abide by the general rules of the Senior Olympics.

Date——————
Signature——————
Birthdate—————— Age ——————
Address ——————
County—————— Phone ——————
Male—————— Female ——————

THE BANNER-GAZETTE, Wednesday, July 21, 1982

Council combines hearing, picnic

The annual public hearing of the area plan of the South Central Indiana Council for the Aging and Aged, Inc. will be held at Community Park, Grant Line Road, New Albany, Thursday, Sept. 9, at 1:30 p.m.

The 1983 proposed budget and goals will be presented to the public for review and comment.

The presentation of the plan will be combined with the Retired Senior Volunteer Program (RSVP) picnic and recognition of volunteers. The public is invited to both events. The picnic starts at 10 a.m. with games and bingo. RSVP volunteers are asked to bring a covered dish. Anyone not an RSVP volunteer is to pay $1 per person toward the cost of the ham and are to bring a covered dish.

Reservations are required to attend the picnic. Those planning to attend should call 948-8330 on or before Tuesday, Sept. 7. Reservations are not required to attend the public hearing at 1:30 p.m.

The Tribune, New Albany, Ind., Wed., Sept. 1, 1982

Register Now...

Senior Olympics To Kick-Off Sept. 15

Now is the time for all senior citizens to start flexing their muscles in preparation for some heavy competition.

The South Central Indiana Council for the Aging and Aged is once again sponsoring the Senior Olympics, Sept. 15 through 18.

The tennis tournament (singles, doubles and mixed doubles) will begin Sept. 13 and run through the 18th, at Skyline Tennis Club.

The first official day of events, Sept. 15, includes horseshoes at Community Park from 10 to 11 a.m., table tennis at the Ekin Avenue Recreation Center from 11 a.m. until 1 p.m. and bowling at Silver Creek Lanes from 1 until 4 p.m.

Sept. 16 features golf at Wooded View Course, basketball at Community Park from 11 a.m. until 12:30, board games at the Ekin Avenue Recreation Center from 1 until 4 p.m. and registration for the hobby show at Green Tree Mall from 9 until 10 p.m.

Hobby show judging will take place Friday morning at 8 a.m. The track and field events will be at Clarksville High School from 8 to 10 a.m. and the croquet tournament at Community Park from 10 a.m. until 12 noon. A bake-off at the Ken Ellis Center will begin at 1 p.m.

The final day of events includes a fishing rodeo at Kopp's Lake from 8 a.m. to 12 noon, billiards at Indiana University Southeast from 9:30 until 11:30 a.m., a dance contest at IUS and a paddle boat race on the IUS lake.

The hobby show award ceremony will be at the Green Tree Mall at 8:30 Saturday night.

To enter any of the events, persons must be 55 years of age or older as of Dec. 31.

There is a 50 cents registration fee for each event. Bowling will include a $2.10 lane fee.

Registration forms must be filled out, with pre-registration continuing up to the day of the event. Forms are available at the Council for the Aging and Aged office at 134 E. Main St.

Sponsors of the events include Duplicate Sales Paper Products, Gateway Auto Repair, Circular Planning, O'Conner and Raque, Southern Indiana Abstract Co., Union Bank and Trust, Mike Smith's Standard Service, Bill and Mary Lou Heinz, John Shiner and Associates, New Albany Parks and Recreation, Dick Williams Insurance, The Yesterday House, Colgate Palmolive and Floyd County Bank.

PLANNING SENIOR OLYMPICS — The South Central Indiana Council for the Aging and Aged is buzzing with plans for the upcoming Senior Olympics, Sept. 15 through 18. Displaying some of the trophies to be given away are, seated, from left, Guy Roehm, Thelma Bertrand and Mary Aho. Standing are Mary Faulkenburg, Nancy Shiner, Clarence Wentworth, Angie Cook, Carolyn McCain, Wanda Whitaker, Pat Jewell, Vicki Medlock, Sherrill Zimmerman and Sheila Becovitz. (Tribune Photo by Don Beck)

Wednesday, Sept. 1, 1982
The Austin CHRONICLE and
The SCOTT COUNTY JOURNAL
'YOUR local newspapers'

Senior Olympics To Begin

The 1982 Senior Olympics, sponsored in this area by the South Central Indiana Council for the Aging and Aged, are scheduled for Sept. 15-18, and entries are now being accepted in the four-county area.

In order to be eligible to participate, persons must be 55 years of age or older as of Dec. 31, 1982, and must be residents of Scott, Floyd, Harrison, or Clark counties.

Each event carries an entry fee of 50 cents, which is payable at the time of registration.

In most events, participants will compete within one age category.

Hobby show events will include the arts division, photography, stitchery, crafts, collections, and ceramics.

In the dance category, events will include square dancing, clogging, round dancing, Charleston, foxtrot, folk dancing, and best costumes.

Track and field events will include 100-meter and 200-meter dashes, 400-meter and 800-meter runs, 1600-meter run and 1600-meter walk, a softball throw, and shot put. Also, a mini-decathlon will be contested, using the 100-meter dash, 1600-meter run, and softball throw.

Basketball competition will be in free throw and 'horse' categories, and in tennis participants will compete in singles, doubles, and mixed doubles divisions.

Bake-offs are planned for both pies and cakes.

In the fishing rodeo, judging will be in two categories - most fish and biggest fish.

Other events include bowling, euchre, bridge, pinochle, checkers, golf, a paddle boat race, croquet, billiards, table tennis, and horseshoes.

Additional information about the 1982 Senior Olympics may be obtained by contacting the Scott County Senior House at 752-4134.

Bertha Baldwin (left) and Lila Reed attach items to the Christmas tree at the Scott County Senior House which will be one of the items entered in the 1982 Senior Olympics.

Several local persons are planning to enter the event in various categories.

(Staff photo)

THE SENIOR OLYMPICS

Senior Olympics

Men & Women
55 Years Of Age And Older

Sponsored By:
The South Central Indiana Council For The Aging And Aged, Inc.

September
15, 16, 17, 18,

For Information
On Registration
Call 948-8330
or 752-4134

Bowling 50¢ Plus $2.10 Lane Fee
All Other Events - 50¢ Each

Contributions Made By
The Following:

First National Bank Of Scottsburg

Scottsburg Building & Loan Association

Scott County State Bank

Scottsburg Kiwanis Club

SENIOR OLYMPICS SCHEDULE OF EVENTS

TUESDAY	SEPTEMBER 13 thru 18	
	Tennis Tournament	Skyline Tennis Club
WEDNESDAY	SEPTEMBER 15, 1982	
10:00-11:00	Horseshoes	Community Park
11:00-1:00	Table Tennis	Ekin Ave. Rec. Center
1:00-4:00	Bowling	Silver Creek Lanes
THURSDAY	SEPTEMBER 16, 1982	
8:00-8:00	Golf	Wooded View
11:00-12:30	Basketball	Community Park
1:00-4:00	Board Games	Ekin Ave. Rec. Center
9:00-10p.m.	Hobby Show Registration	Greentree Mall
FRIDAY	SEPTEMBER 17, 1982	
8:00-9:00	Hobby Show Judging	Greentree Mall
8:00-10:00	Track and Field	Clarksville High School
10:00-12:00	Croquet	Community Park
1:00-4:30	Bake-Off	Ken Ellis Sr. Center
SATURDAY	SEPTEMBER 18, 1982	
8:00-12:00	Fishing Rodeo	Kopp's Lake
9:30-11:30	Billiards	IUS Games Room
11:30-1:30	Dance Contest	IUS Hoosier Room
1:00-3:00	Paddle Boat Race	IUS Lake
4:30-5:30	Closing Reception	Beechwood Community Building
8:30-9:00	Hobby Show Award Ceremony	Greentree Mall
9:00-10:00	Hobby Show Closes	Greentree Mall

60

Wednesday, Sept. 1, 1982
The Austin CHRONICLE and
The SCOTT COUNTY JOURNAL

Celebrating their August birthdays were these two members of the Jennings Township Senior Citizens.

Blowing out the candles on their cakes are (left) Mary Riley, 72, and Grace Bingham, 82.

The Tribune, New Albany, Ind., Tues., Sept. 7, 1982

Seniors At Ken Ellis Center Keeping Busy

Senior Citizens of the Ken Ellis Center of Jeffersonville and New Albany have recently enjoyed a trip by bus to Nashville and Brown County. The last of August they went to the Kentucky State Fair, enjoying the midway and arts and crafts.

During the month of September they are enjoying candlewicking demonstrated by Carol Ralph of Greenville. Sept. 8, Sue Johnson will also give a demonstration on folk art painting. Marcie Peters from County Drugs will speak on "bathroom safety", Sept. 16.

Sept. 14, they are going by bus to River City Park and any Senior 60 and over can come enjoy the picnic. To make reservations, please call 283-7356 by the 13th.

If you are 60 or older come to the center and enjoy exercise andmaking crafts for you and for their booth at Harvest Homecoming.

THE BANNER-GAZETTE, Wednesday, September 8, 1982

Senior citizens invited to participate in olympics

Floyd, Clark and Harrison County residents are invited to participate in the Senior Olympics, which are sponsored by the South Central Indiana Council.

The olympics will be conducted from Wednesday, Sept. 15, through Saturday, Sept. 18. Competitions open in the following categories: tennis, horseshoes, table tennis, bowling, golf, basketball, board games, hobby show, track and field events, croquet, bake-off, fishing rodeo, billiards, dance contest, and paddle boat race.

1. Persons must be 55 years of age or older as of Dec. 31. Persons will participate in one age category except where designated.

2. Each event will carry an entry fee of 50c and is payable at the time of registration.

3. Each event must have at least (3) participants in order to have an official first, second, and third place medal awarded. Any event having less than three participants will be subject to being dropped from the list of official events.

4. To be eligible to enter any of the events, you must fill out a registration form and sign the standard release form.

5. Participants must be residents of Scott, Floyd, Harrison or Clark Counties.

6. A female and male overall winner will be awarded a trophy on the basis of a point system. The overall winner must compete in more than one sports or event category.

7. To be eligible for medal consideration, a participant must compete within his age group, where age groups are designated, and must complete the event. (A participant may compete in an alternate age group pending the approval of the event's official.)

8. In the event of a protest, the participant must submit his or her grievance in writing to the Senior Olympic Committee within 48 hours of the event. Any participant arguing with an official will be immediately disqualified from the entire Senior Olympics.

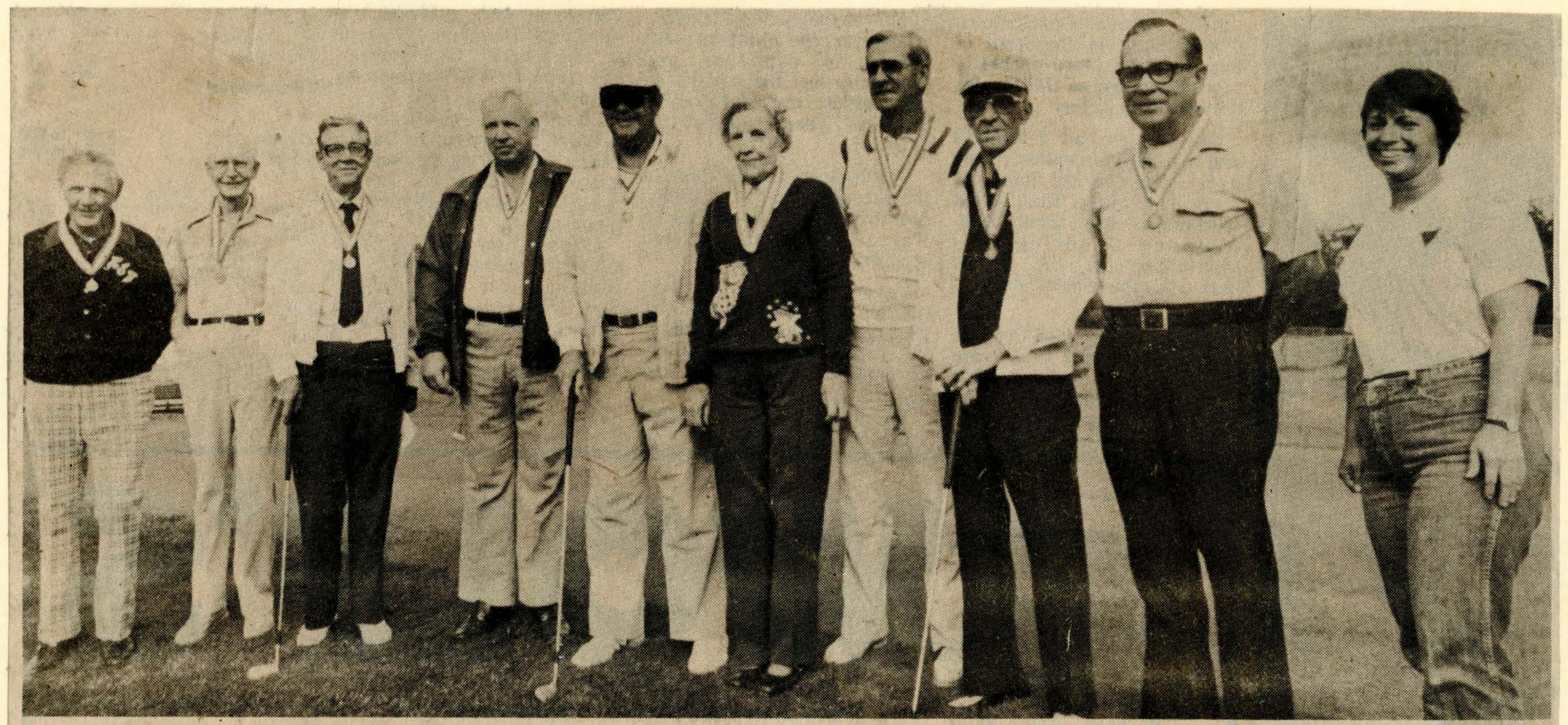
9. Pre-registration will continue up to the day of the events.

The Tribune, New Albany, Ind., Tues., Sept. 14, 1982

PICNIC IN PARK — The Retired Senior Volunteer Program annual fall recognition picnic was Thursday, Sept. 9, at Community Park. Three hundred-ninety volunteers from Scott, Clark, Harrison and Floyd counties were recognized for their contributions to their communities. Over 45,000 hours are reported annually from volunteers age 60 and over; RSVP volunteers work in nursing homes, visit shut-ins, dress dolls for the needy, work in area hospitals and the area nutrition sites. Volunteers enjoyed bingo in the morning followed by a covered dish luncheon. During the afternoon Mrs. Thelma Bertrand, Executive Director of the South Central Indiana Council for the Aging and Aged, Inc., introduced the 1983 plan for the Area 14 Council on Aging. RSVP is sponsored locally by the South Central Indiana Council for the Aging and Aged, Inc.

(Tribune Photo by Garry Jones)

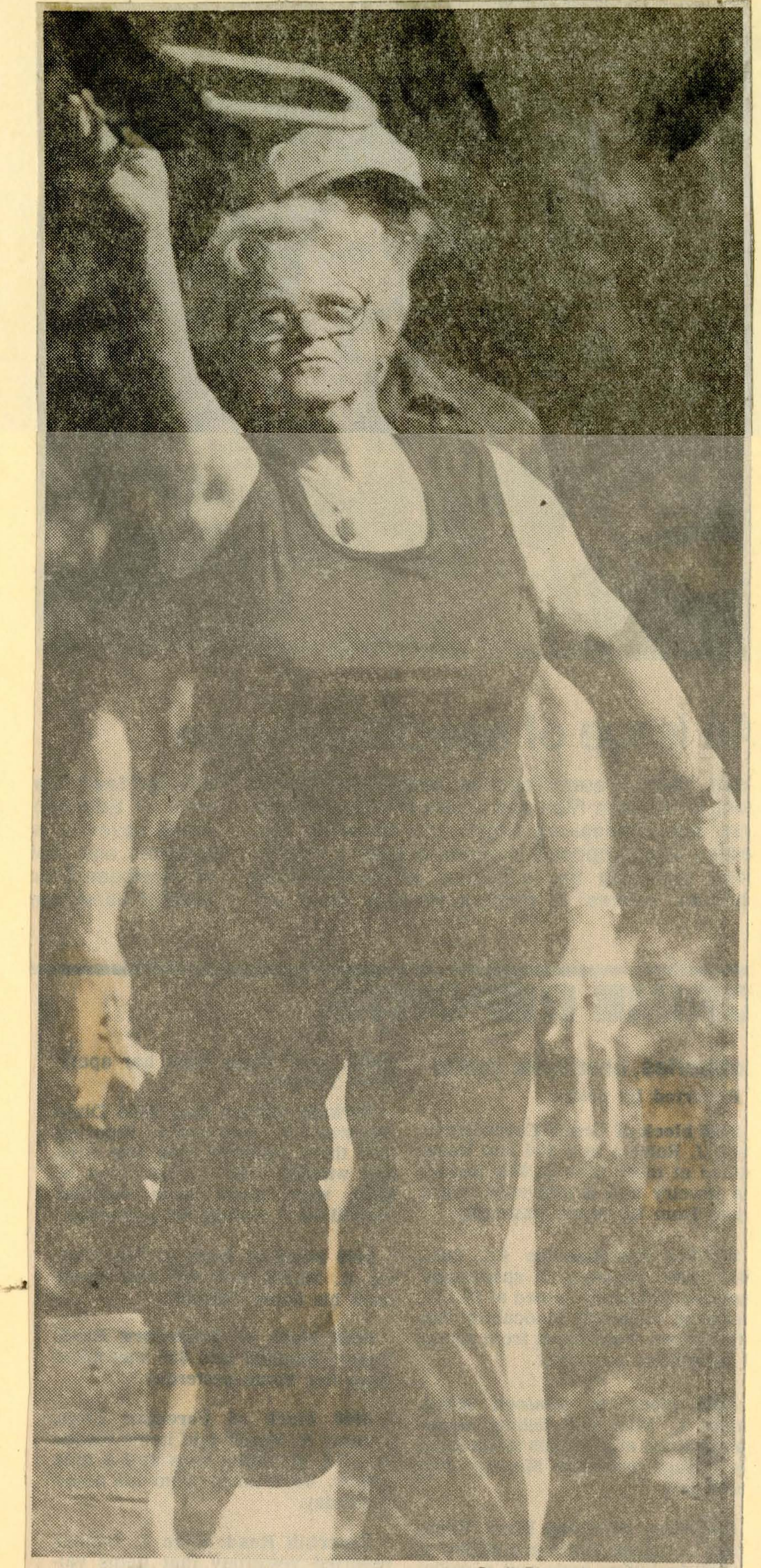
Ledger-Tribune, New Albany, IN, Sun., Sept. 19, 1982



GOLF WINNERS — This part of the group of golfers that won medals in the Senior Olympics. The golf tourney was held at Wooded View Golf Course. From left, Harold Wibbels, Jim Hughes, Ray Metz, Emery Rothrock, Don Blunk, Inez Gentile, Gene Knight, Snooks LaDu Carlo Read and Mary Aho, a representative from the South Central Council for the Aging and the Aged which sponsored the Senior Olympics. The top three golfers in each age division received medals which are displayed around the golfers neck.

(Tribune Photo by Garry Jones)

THE LOUISVILLE TIMES, THURSDAY, SEPTEMBER 16, 1982



Staff Photo by Keith Williams

Shoes for sail

Gladys Blankenbenker of Jeffersonville tossed a horseshoe during the first day of the Southern Indiana Senior Olympics at Community Park in New Albany yesterday. The competition, which includes 15 events, will continue through Saturday.

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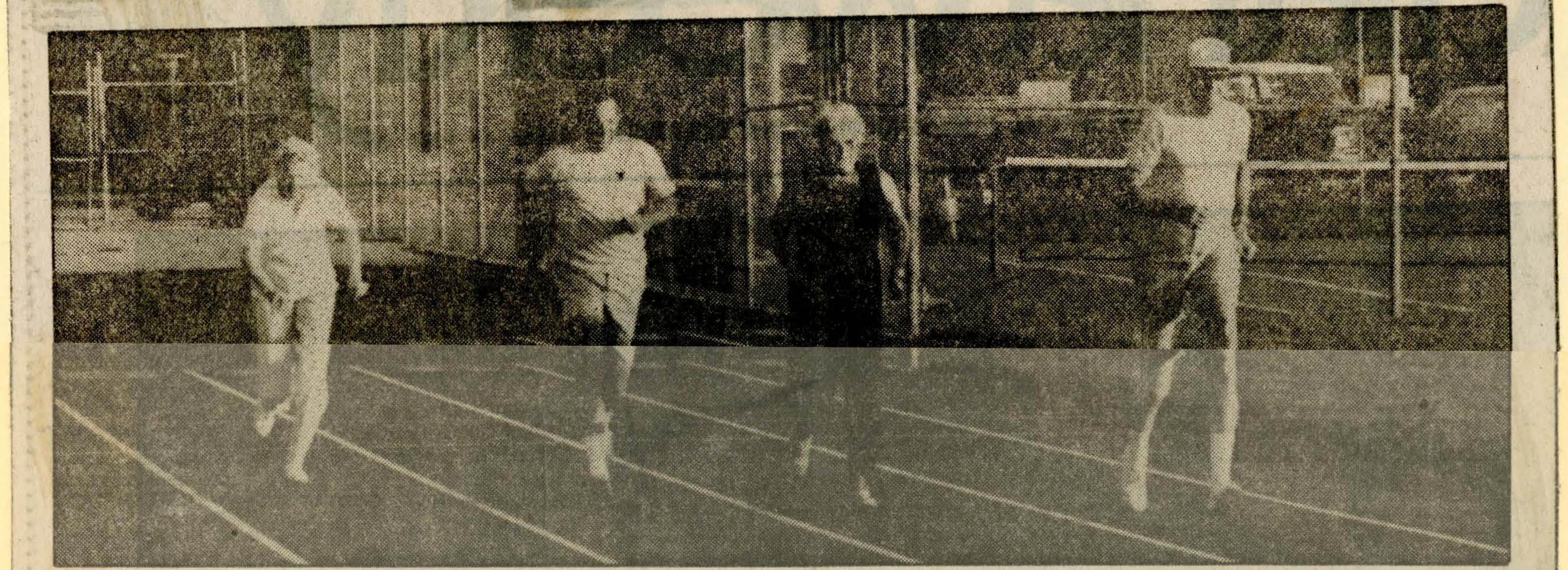
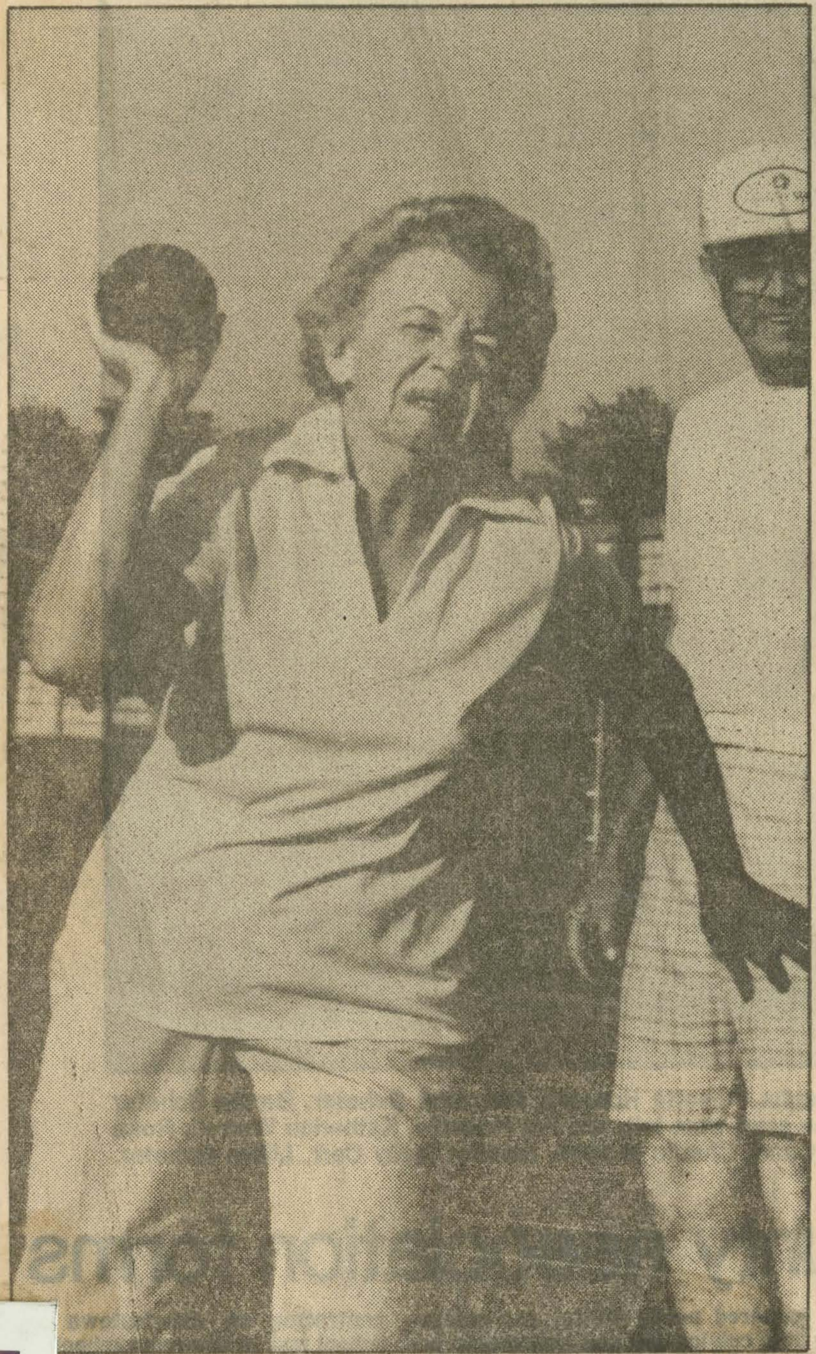
2 THE INDIANA WEEKLY, WEDNESDAY, SEPTEMBER 22, 1982

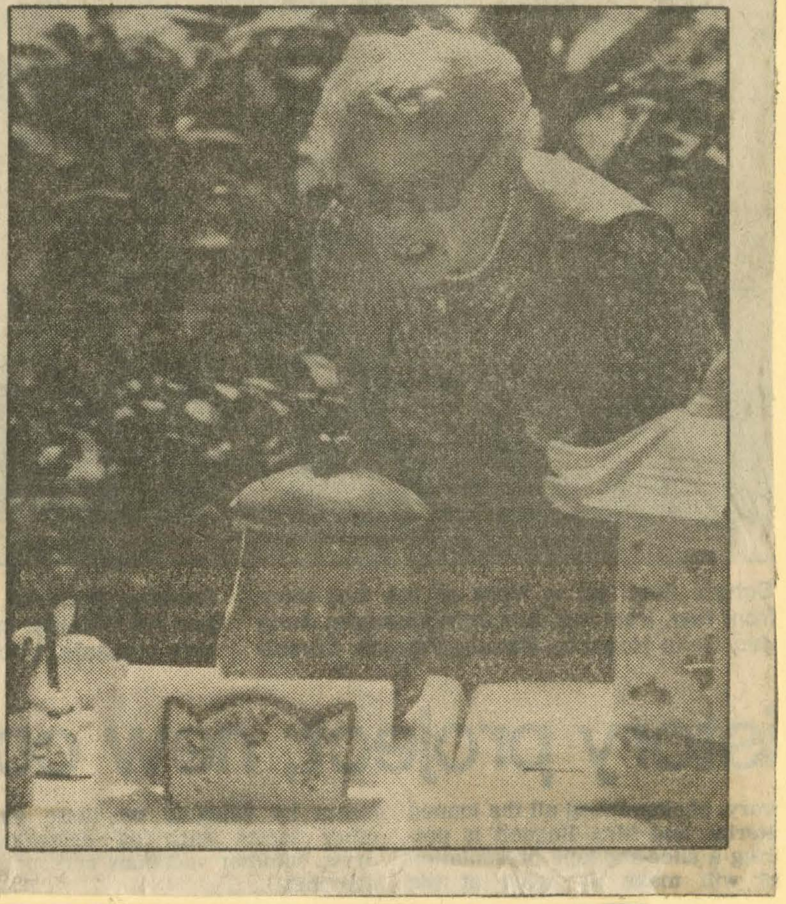


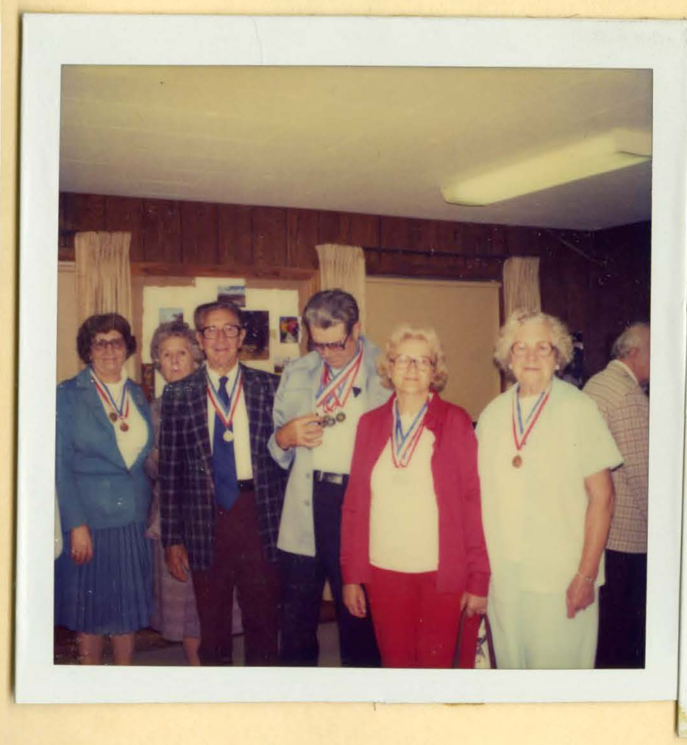


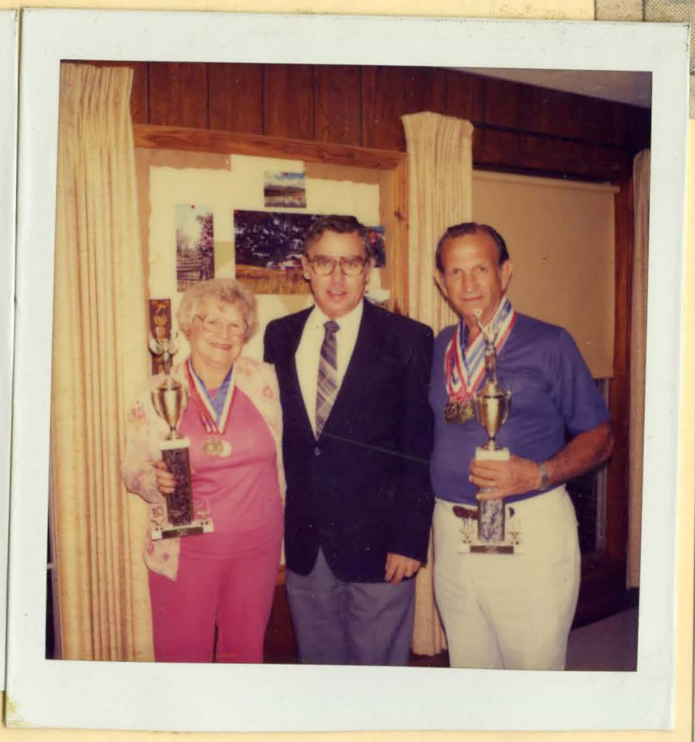
Senior Olympics still in the running?

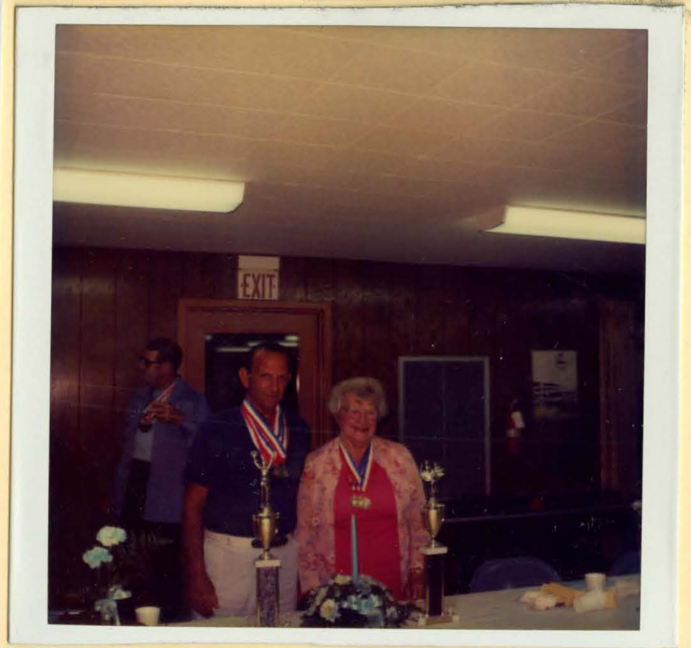
Turnout for the second Senior Olympics last week topped 1981's by about 100, with around 250 competitors. The overall winners, male and female, were all in one race in the track and field events. Above, from left, are Rosalie Russ, Jeffersonville, second; Maurice Spainhour, Clarksville, first; Gladys Blankenbeker, Jeffersonville, first; Charles Whelan, New Albany, second. At left, Rosalie Russ tries her hand at the shotput while Whelan looks on. Below, Beirtha Jonson examines some ceramics in the crafts competition. Cuts in federal funding make the prognosis for a third Senior Olympics next year grim, unless some organizations, businesses or individuals can take over the popular event.

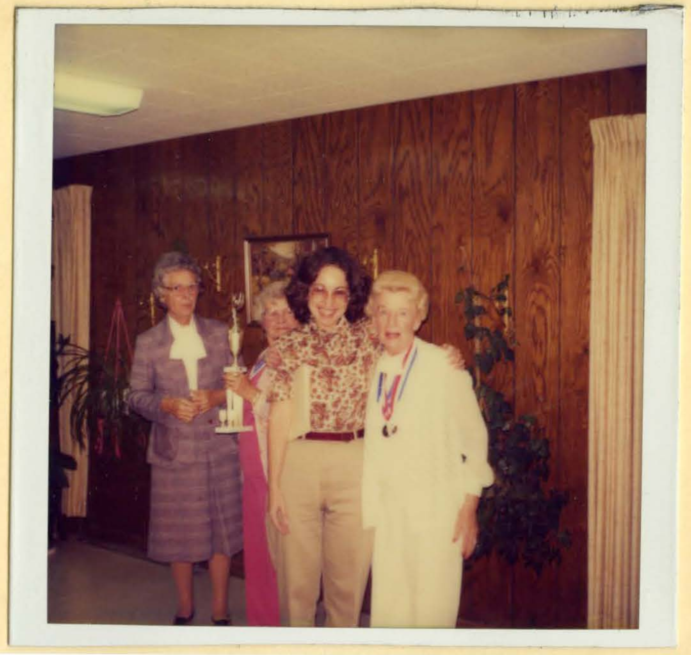
PHOTOS BY RICHARD SHOCK











The Tribune, New Albany, Ind., Fri., Sept. 24, 1982

He'll Be Missed

Dear Editor:

On behalf of the board of directors, Area Advisory Council and Staff, I wish to express our sorrow in losing Maurice Morey, a friend and a very active advocate for the elderly.

Morey passed away Sept. 1, in Bedford. He was formerly from South Bend but has been residing in New Albany for the past two years. His widow is Mary Arnold Morey.

Sincerely,
Thelma Bertrand
Executive Director
South Central Indiana Council For the Aging and Aged, Inc.

The Tribune, New Albany, Ind., Tues., Oct. 12, 1982

Booth Winners Announced

The winners of the booth-decorating awards in the 1982 Harvest Homecoming competition have been announced, by Nancy Deuser, committee chairman, and David Aebersold, Festival vice president.

Most Outstanding Booth - Booth No. 6, Order of Eastern Star.

Second Most Outstanding Booth - Reorganized Church of Jesus Christ of Latter Day Saints (Booth No. 264)

Best Theme Portrayed by Commercial Group - Green Valley Convalescent (Booths 125 and 126).

. Best Theme Portrayed by Church - Reorganized Church of Jesus Christ of Latter DAy Saints, (Booth 264).

Best Theme Portrayed by Organization/Individual - South Central Indiana Council For Aging and Aged (Booth 231)

62ba

A native of Crawford County, Cohen is a retired school teacher. He is a member of the Masonic Lodge, United Methodist Church and is a veteran of World War II.

He took his travel hobby seriously and has made it around the world. When he's not travelling or engaging in many other activities, Cohen likes to do woodworking.

The Tribune, New Albany, Ind., Fri., Sept. 24, 1982

Older Hoosier Of Year Award Seeks Nominees

The final day for clubs, organizations, and individuals to enter their nominee for the "Older Hoosier of the Year" award is Sept. 27. The purpose of the award is to recognize an outstanding Older Hoosier for a lifetime of service to his or her community, to encourage continued achievement and service, and to interpret to the public the pleasures and challenges of retirement living.

The Area 14 recipient will compete for the state title which will be announced at the Indiana Governor's Conference on Aging in Indianapolis on Oct. 11-13. Throughout the year, the Area 14 Older Hoosier will also be honored at special events and programs in Clark, Floyd, Harrison, and Scott counties.

To be eligible, one must be a resident of Indiana and at least 65 years of age. For further details and entry forms, contact Nancy Shiner at 948-8330.

This award is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., 134 E. Main St.

10-12-82

Former Teacher Selected As Older Hoosier Of The Year

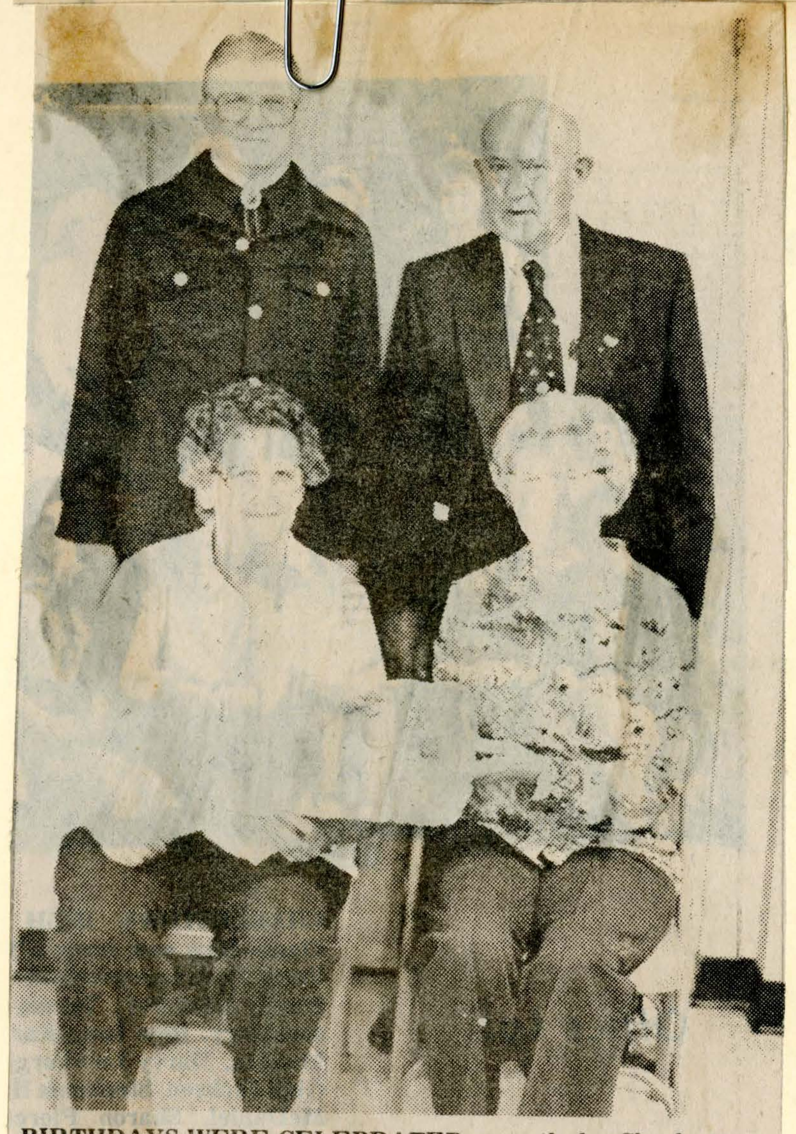
Frank Mardis, a former teacher in the New Albany-Floyd County Schools, has been selected as Area 14's 1982 Older Hoosier of the Year. This award is the highest honor bestowed on a senior citizen by the Indiana Department on Aging and Community Services. This award is given to recognize an outstanding older Hoosier for a life time of service both before and after retirement.

Mardis has worked with the South Central Indiana Council for the Aging and Aged, Inc. in the home repair program and as a consultant. In this position, he made the community aware of the need for buildings, restrooms and parking spaces to be accessible for the handicapped. In 1980 he founded the South Central Indiana Association for the Handicapped, Inc.

Other candidates for the award were Russell Andry, Reta Brown, Audrey Deem, Harvey Russ, Gilbert Marsh, Louise Schildroth and Carroline Wells.

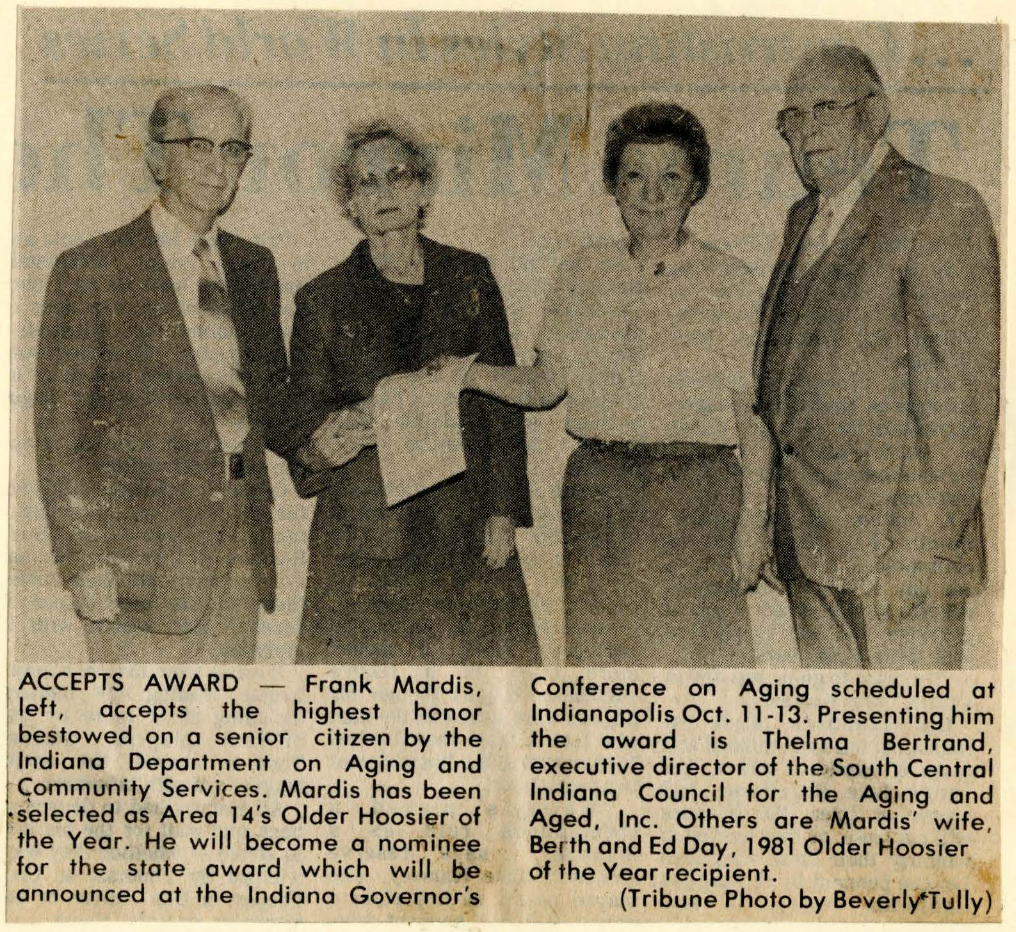
The Older Hoosier of the Year Award for Area 14 is sponsored by the Advisory Council of the South Central Indiana Council for the Aging and Aged, Inc.

The Charlestown, In., COURIER, Wednesday, September 29, 1982



BIRTHDAYS WERE CELEBRATED recently by Charlestown senior citizens. Pictured above, front row, from left, are: Doya Divan and Beulah Cook. Back: H.V. "Pete" Whitney and Roe Kendrick. Not pictured is Virginia Bussey. (Photo by Cindy Streets).

The Tribune, New Albany, Ind., Tuesday, Oct. 12, 1982



ACCEPTS AWARD — Frank Mardis, left, accepts the highest honor bestowed on a senior citizen by the Indiana Department on Aging and Community Services. Mardis has been selected as Area 14's Older Hoosier of the Year. He will become a nominee for the state award which will be announced at the Indiana Governor's Conference on Aging scheduled at Indianapolis Oct. 11-13. Presenting him the award is Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged, Inc. Others are Mardis' wife, Berth and Ed Day, 1981 Older Hoosier of the Year recipient.

(Tribune Photo by Beverly Tully)

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

MONDAY, OCTOBER 18, 1982

for their participation in
THE SENIOR OLYMPICS

Gladys Blankenbeker, left and Rosalie Russ, both of Jeffersonville, were selected as first and second place winners respectively in the "1982 Overall Senior Citizens Women's Olympics" which was sponsored by the Council for the Aging and Aged, Inc., Area 14, which included Clark, Floyd, Scott and Harrison Counties. The ladies are pictured above with the trophies and medals which they won at the second annual Senior Citizens Women's Olympics.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

TUESDAY, OCTOBER 26, 1982

VOTE FOR A WINNER BOB POTTER

1982 SENIOR OLYMPICS

GLADYS BLANKENBEKER, FIRST PLACE WINNER, ROSALIE RUSS, SECOND PLACE WINNER, AND BOB POTTER, DEMOCRATIC CANDIDATE, STATE REPRESENTATIVE, DISTRICT 71.

STATE FUNDS HAVE BEEN CUT AND THIS WILL BE THE LAST SENIOR OLYMPICS UNLESS SOMETHING IS DONE.

BOB POTTER HAS SERVED ON THE BOARD OF DIRECTORS OF THE SOUTH CENTRAL INDIANA COUNCIL FOR THE AGING AND AGED.

BOB POTTER WILL WORK TO KEEP THIS VERY IMPORTANT PROGRAM FOR OUR SENIOR CITIZENS.

THE LOUISVILLE TIMES, WEDNESDAY, OCTOBER 27, 1982

HERE 'N' THERE

Program on wills. Sponsored by South Central Indiana Council for the Aging & Aged Inc. Deborah Zegart, a Clark County attorney, will speak at 11:30 a.m. tomorrow at the Riverview Towers nutrition meal site. The free program will emphasize the reasons for a will and the methods of preparing one. The program will be held with the noontime meal and will include a question-and-answer session. Reservations for the meal should be made the day before by calling 948-8873.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

THURSDAY, OCTOBER 28, 1982

Letters To The Editor

The Evening News:

I would like to share with your readers my bad luck which has been God's blessing in disguise.

On March 8, 1981, I suffered a major paralyzing and permanent-crippling stroke. Since then, I have met so many kind and lovely people. It really has been God's blessing.

I would like to thank those people who take me to church, to the doctor's office and to the drugstore. Also, thanks to those who help me when I fall, who take me to the grocery store and carry my groceries, who clean for me, who fixed my hearing aid after working hours and those who take me to the meals center and who fix my hair.

The doctors and nurses at the hospital and rehabilitation center have also been great.

I don't count crosses — only the blessings.

God knows you all, including strangers who smile and say a few kind words, and He will bless you greatly.

Elma Goforth
635 High Street
Charlestown

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, Oct. 27, 1982

Attorney to talk about wills for senior citizens

Deborah Zegart, a Clark County attorney, will give a program on wills at the two nutrition sites in Harrison County.

The program, "Where There's a Will, There's a Way," will emphasize the reasons for a will and the methods of making one. The presentation, held in conjunction with the noon-time nutrition meal, will include a question and answer session and is free to senior citizens.

The program will be presented at the Corydon Senior Citizens Center on Tuesday, Nov. 16, at 12 noon and at St. Bernard's Church in Frenchtown on Monday, Dec. 6, at 12 noon.

Reservations for the nutrition meal need to be made 24 hours in advance by calling the Corydon center, 738-3065, or Frenchtown, 347-2087. The cost of the meal to people 60 years and older is by donation only. This program is sponsored by the South Central Indiana Council for the Aging and Aged Inc.

THE EVENING NEWS, JEFFERSONVILLE, INDI

MONDAY, NOVEMBER 8, 1982

A dinner honoring senior citizens of the community was held at the Ken Ellis Center, Jeffersonville, with Iola Byrd, left and her husband, Cohen Byrd of Milltown, Indiana, showing slides from South America. Pictured with the guests is Sue Johnson, center director.

THE BANNER-GAZETTE, Wednesday, November 10, 1982

--Photo by Roger Moon--

Bernice Whitson, left, and Opal Baker are shown having their first meal at the Borden Senior Citizens' new nutrition site, the Borden Museum. Meals are catered by Servomation of Louisville.

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THE BANNER-GAZETTE, Wednesday, November 10, 1982

--Photo by Roger Moon--

Jean Clark, site manager for the Borden Senior Citizens Nutrition Site, accepts flowers presented to senior citizens by Allen Bloom of Servomation in Louisville. The flowers were given to senior citizens on their first day at their new nutrition site, the Borden Museum.

The nutrition program, coordinated by the South Central Council for the Aging and Aged, pays a donation to the Town of Borden for use of the museum. The council has provided new carpeting and several other furnishings at the new site. Servomation caters the meals.

Present for the opening of the new site were Thelma Bertrand, executive director of the Council for the Aging, and Angie Cook, nutrition director.

Ledger-Tribune, New Albany, Ind., Sun., Nov. 28, 1982

Senior Companions Program Being Planned

By MARTI BERGSTROM

A project to match lonely residents of Floyd County nursing and retirement homes with trained volunteers is being launched by three local organizations.

While many volunteers serve the county's five nursing and retirement homes, none visit residents on a one-to-one basis. This personal relationship is the project's goal.

Volunteers, who will be called Friendly Companions, will be asked to make a commitment to visit the same resident weekly for one year. They will be matched with residents at three nursing homes and two retirement homes: Green Valley Convalescent Center, Lincoln Hills Nursing Home, New Albany Nursing Home, Floyd County Home for the Aged and Providence Retirement Home.

Sponsoring the project are the Floyd County Community Education Council, the Retired Senior Volunteer Program (RSVP) and the Voluntary Action Center.

Representatives of the sponsoring organizations attended meetings of a State Nursing Home Volunteer Task Force last year and heard that 60 percent of Indiana's nursing home residents receive no personal visits.

When the state group's progress slowed, the Floyd County organizations proceeded with plans for a local project. A steering committee is designing a publicity campaign, a recruiting plan and training program for volunteers. They plan to use the American Health Care Association's slogan "Love is Ageless: Visit a Nursing Home Resident."

Pat Cornwell, recording secretary of the Floyd County Community Education Council, is chairman of the steering committee.

Other steering committee members are Linda Codey, director of RSVP; Mary Sullivan, director of the Voluntary Action Center; Ila White, president of the Floyd County Community Education Council; Mary Lou Tindle, administrator of Lincoln Hills Nursing Home; Mary MacDonald, activity director at Lincoln Hills; Gerri Kaps, administrative assistant to New Albany Mayor Robert Real; Velsie Tyler, representing Church Women United and Gloria Nash of the Legal Services Organization.

The steering committee plans to double its membership by Christmas and hopes to train the first 20 to 25 volunteers after the first of the year. Volunteers will be matched, according to interests and background, with compatible residents identified by the staff at each of the nursing and retirement homes.

Volunteers will be required to attend a series of training sessions that cover the aging process, reality orientation, death and dying, community resources, interpersonal communications and responsibilities of the volunteers. After volunteers are matched with a resident, they will be asked to attend quarterly training sessions.

Volunteers will also be required to get a tuberculosis tine test, which is required by state law and which will be provided free. Plans also call

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THE BANNER-GAZETTE, Wednesday, December 1, 1982

Project seeking volunteers to visit retirement homes

A project to match lonely residents of Floyd County nursing homes and retirement homes with trained volunteers is being launced by three local organizations.

Co-sponsoring the project are the Floyd County Community Education Council, the Retired Senior Volunteer Program (RSVP), and the Voluntary Action Center.

While many volunteers serve the county's five homes, virtually none visit residents on a one-to-one basis. This personal relationship is the project's goal.

Representatives of the sponsoring organizations attended meetings last year of a State Nursing Home Volunteer Task Force after a plea from State Senator James Abraham at a Governor's Citizen Participation Conference in November, 1981. As chairman of the Subcommittee on Nursing Homes, Abraham found that 60 percent of Indiana's 30,000 nursing home residents receive no personal visits.

When the state group's progress slowed, the Floyd County contingent proceeded with plans for a local project. A steering committee is presently designing a publicity campaign, a recruitment plan, and a volunteer training program. They plan to use the American Health Care Association's slogan ''Love is Ageless: Visit a Nursing Home Resident.''

Volunteers, who will be called ''Friendly Companions,'' will be asked to make a commitment to visit the same resident weekly for one year. They will be matched with residents of three nursing homes and two retirement homes: Green Valley Convalescent Center, Lincoln Hills Nursing Home, New Albany Nursing Home, Floyd County Home for the Aged, and Providence Retirement Home.

The steering committee hopes to train its first 20 to 25 volunteers after the first of the year. Trained volunteers will be matched, according to interests and background, with compatible residents identified by staff at each home.

Persons interested in volunteering may contact the Voluntary Action Center (944-6120 or 583-2821) if under age 60 or the RSVP office (948-8330) if 60 or older.

The Tribune, New Albany, Ind., Mon., Dec. 13, 1982

Plan Luau

The nutrition department of the South Central Indiana Council for the Aging and Aged Inc., is planning a Hawaiian Luau in recognition of site managers and volunteers.

The Luau will be Dec. 29 at 7 p.m. at the Holiday Inn.

The Tribune, New Albany, Ind., Fri., Dec. 3, 1982

Volunteers Sew Doll Clothes For Needy

Again this year the Salvation Army, the Retired Senior Volunteer Program, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., and Floyd County

coordinated this year by RSVP volunteer Irene Locke.

Ruth Cole has chaired the stuffed toy portion of the program. Area homemakers have donated over 100 toys to be given to the children.

AUSTIN, INDIANA 47102 — THURSDAY, NOVEMBER 25, 1982

After 12 Years Of Service

Johnson Plans To Retire

The South Central Indiana Council for the Aging and Aged, the Council for Older Americans, Inc., and the Jennings Township Senior Citizens are having a recognition luncheon Dec. 17 honoring Virgil Johnson, trustee for Jennings Township, at the Jennings Township Senior Center.

Johnson, who served as township trustee for 12 years, is retiring to pursue other interests. He plans to work with his youngest son on projects in his son's chosen field of employment.

Johnson, as a trustee, help to purchase the building on Broadway, now location of the nutrition meal site and senior center. He was actively engaged in the renovation of the building which resulted in a barrier-free attractice ''second home'' for the local seniors. To make the outside more accesible, he had the parking area blacktopped. He was instrumental in acquiring a 1983 15-passenger van.

While serving as township trustee, he helped to purchase a new water truck for the Jennings Township Fire Department as well as help with funding for the present paging system and purchase of rescue equipment. He also was partially responsible for blacktopping the area around the fire department.

While serving as township trustee, he also helped get the initial $14,000 for park equipment at the Austin town park. That amount help pay for fencing, picnic tables, grill and play equipment. He noted the township spent $5,500 for the little league fence on the little league diamond.

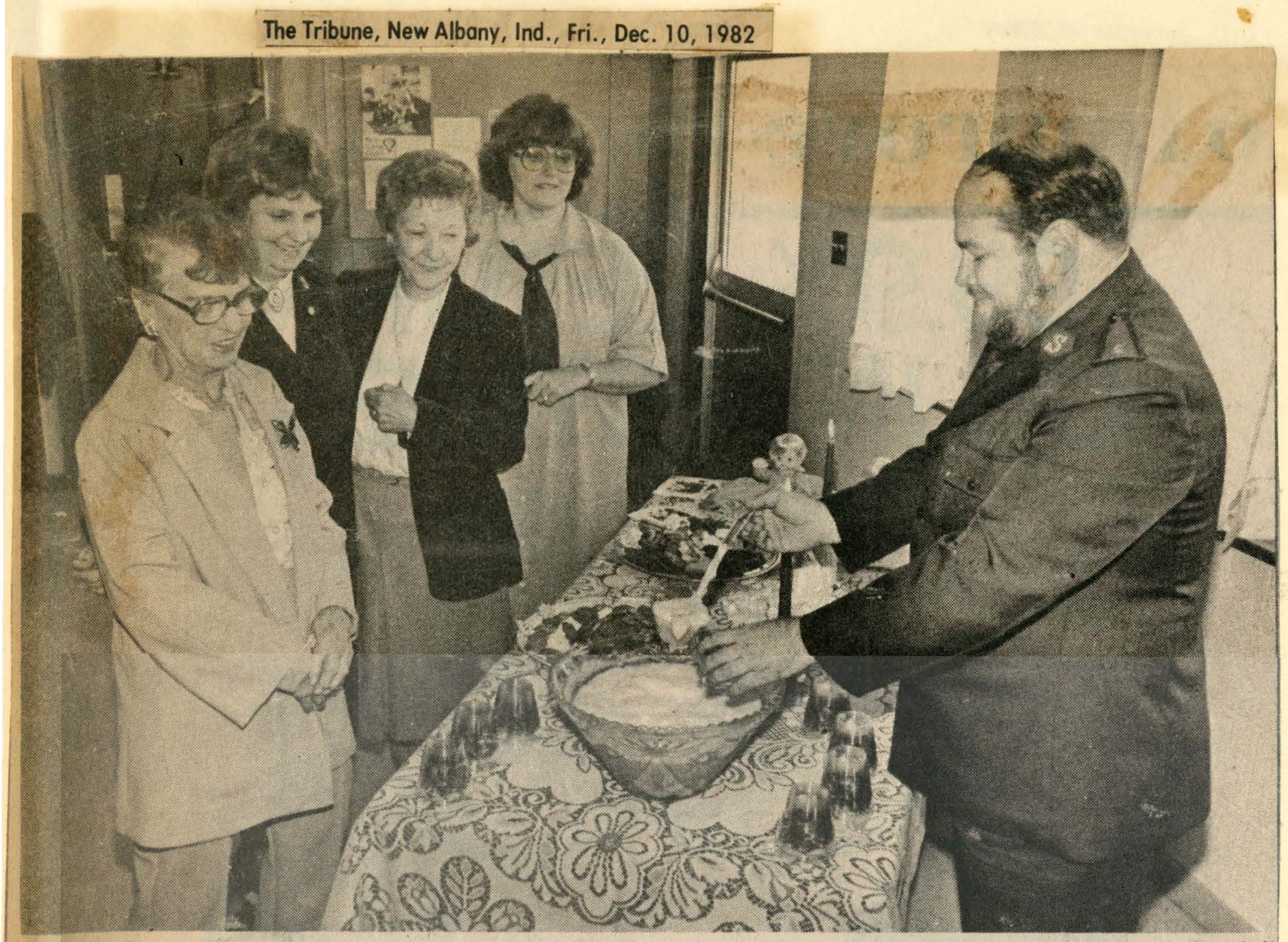
Looking at his career, Johnson said they were enjoyable years. ''I met a lot of nice people,'' he said.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

MONDAY, NOVEMBER 29, 1982

A Thanksgiving dinner was held at the Ken Ellis Senior Opportunity Center, Jeffersonville. Providing musical entertainment, pictured in front, seated, Venie Ellis; second row, from left, are Ruby Huber, Gus Huber, Anna Yenowine and Everett Yenowine; third row, Sue Johnson, coordinator of the Ken Ellis Center, Tommy Randolph and Pauline Randolph.

The Tribune, New Albany, Ind., Fri., Dec. 10, 1982



SPECIAL TEA — The Salvation Army had a special tea Wednesday to honor members of the Retired Senior Volunteers Program (RSVP) for their work in the annual doll dressing and stuffed toy making for under privileged children. Serving punch is Lt. Irvin Poucher of the Salvation Army, to, from left, Irene Locke, RSVP volunteer and coordinator of the doll dressing program; Faith Poucher of the Salvation Army, Thelma Bertrand, executive director of the South Central Council for the Aging and Aged, sponsors of RSVP, and Linda Codey, RSVP director.
(Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Wed., Dec. 15, 1982

Nursing Home Volunteer Orientation Is Thursday

The first volunteer orientation for the Floyd County Nursing Home Volunteer Project will take place Thursday, Dec. 16, from 7 to 8 p.m. at Green Valley Convalescent Center, 3118 Green Valley Road.

The informal meeting is for all potential volunteers of the county-wide project. Chair person, Patricia Cornwell says that anyone interested in learning about the program is also welcome.

The project's purpose is to match trained volunteers, called Friendly Companions, with residents of nursing or retirement homes who receive few or no personal visits.

Co-sponsors of the endeavor are the Floyd County Community Education Council, the Retired Senior Volunteer Program (RSVP) and the Voluntary Action Center (VAC).

Each volunteer will be asked to see the same resident weekly for at least one year. The steering committee hopes volunteers will understand the importance of a longterm commitment to the residents.

Friendly Companions will be provided to the Floyd County Home for the Aged, Green Valley, Lincoln Hills Nursing Home, New Albany Nursing Home and Providence Retirement Home.

The project steering committee will organize its first training workshop for volunteers in January. Approximately eight hours of professional training will be provided, after which volunteers and residents will be matched.

Details of the project may be obtained by contacting RSVP at 948-8330 or the VAC at 583-2821.

Ledger-Tribune, New Albany, Ind., Sun., Jan. 2, 1983

A 10 a.m. Mass was offered by Father Paul Sweeney for St. Mary's of the Knobs Senior Citizens, with 60 members attending. A business meeting was held in the parish hall, conducted by Helen Rosenberger. Devotions were given by Sister Maryanne Kruer. Treasurer and secretary reports were given by Catherine Koetter and Hilda Becht.

Grace Naville read a poem "As Christmas Approaches," and a letter on the value of eating eggs. A large egg provides protein, iron, phosphorus, vitamin A and several of the B- complex vitamins.

Mary Aho from the Council for Aged and Aging, took reservations for the Search for Good Health Program to be held at St. Marks, Spring Street, New Albany.

November and December birthdays were Julie Bowe, Emma Banet, Roselena Huber, Raymond Renn, Sopie Stucy, Ida Missi, Bernard Koetter, Genevieve Renn and Lucille Kruer. Fifty-seven members and three guests, Ella Anson, Ruth Atkins and Julie Rodgers along with Father Sweeney, enjoyed the Christmas covered dish dinner with turkey, followed by games of cards and bingo.

Wednesday, Dec. 29, 1982, THE CORYDON DEMOCRAT, Corydon, Ind.

At 87, Joe Rhoads still had things to do

Last week, on the day Joe Rhoads of Corydon died at Harrison County Hospital, he confided to a visitor that he believed his illness was terminal. This bothered the 87-year-old Rhoads. He told his visitor, "I still want to do a lot of little things."

Joe Rhoads had already done plenty of big things. Before his death, he had distributed close to $350,000 in legacies to the county he had adopted as his home.

When Rhoads and his wife, May Frank Rhoads, moved to Corydon in 1972, they took their life savings and established a foundation for community improvements. Projects funded in part or totally by the Rhoads Foundation include the May and Joe Rhoads Memorial Swimming Pool in Corydon, the Rhoads 4-H Livestock Pavilion at the county fairgrounds, the Harrison County Senior Citizens Center in Corydon, the Ministerial Assoc. ball diamonds and the citizens band radio system used to coordinate activities in county parks.

In the beginning, it had been Mrs. Rhoads' idea to do something for the county in which she grew up. But it was Mr. Rhoads who carried on most of the philanthropy after his wife died in 1973.

Undoubtedly, Joe Rhoads' generosity was motivated in part by his devotion to his wife's memory. An acquaintance of the couple recalled Joe saying of May, "She did more for me than anybody ever did for anybody."

Rhoads would buttonhole "anybody who'd listen" and detail his and May's visions of Corydon, according to the acquaintance. "He was constantly referring to May and what she wanted to do."

The former college professor's philanthropy goes back to his lifelong devotion to learning and the practical application of what one learns. "He was educated, but he was capable with it," said one friend. "He was a doer. . .one of the people who makes things happen."

As a member of the county park board, Blaine Wiseman of Corydon is very much aware of how Rhoads made things happen for the infant park system. He said he once heard Rhoads tell a story that explained why he chose to give away his money for worthwhile community causes.

In the story, an old man was out walking when he reached a deep chasm. After a great struggle, the old man made his way down the steep drop and then climbed up the other side.

He then immediately turned around and built a bridge back to the side where he'd started. Asked why he had stopped to build the bridge, the man said, "A boy will be coming across in a day or two."

Wiseman said Rhoads knew the projects he was funding for the most part wouldn't benefit himself, but "He wanted to help the young people and old people of the future."

—Mary Ellen Cross

Dec. 29, 1982
Luau

Trustee Virgil Johnson Shown With Guest Speakers

Johnson Is Honored

"Occasionally, you run into someone who gives a little extra. Virgil Johnson is that type of person. I want to take this opportunity to wish him the best."

"It has been a pleasure to work with Virgil on several occasions."

"He's been really good for us. Just ask him for help and he is willing to give it."

"It was a pleasure working with Virgil."

"This is a very special day for a very special person. It's been a loving program with the Johnsons since the center began."

"Virgil gave a total commitment."

"We are very fortunate to have worked with Virgil Johnson."

Those statements were made by Max Mason, board members; Don Bonsett, board member; Russell Ripey, advisory committee member; Edith Christie, council member; Angie Cook, nutrition director; Thelma Bertrand, executive director; and others respectively at an appreication dinner for the fine job Virgil Johnson, township trustee, has done for the Jennings Township Senior Citizens' Meal Site in his term as Jennings Township Trustee. The dinner was conducted Friday afternoon at the meal site Johnson was presented with a plaque for his efforts.

Johnson, who served as township trustee for 12 years, is retiring to pursue other interests. He plans tow work with his youngest son on projects in his son's chosen field of employment.

Johnson, as a trustee, helped to purchase the building on Broadway, new location of the nutrition meal site and senior center. He was actively engaged in the renovation of the building which resulted in a barrier free attractive "second home" for the local seniors. To make the outside more accesible, he had the parking lot blacktopped. He was instrumental in acquiring a 1983 15-passenger van.

While serving as township trustee, he helped to purchase a new water truck for the Jennings Township Volunteer Fire Department as well as help with funding for the present paging system and purchase of rescue equipment. He was partially responsible for the blacktopping the area around the fire department.

While serving as township trustee, he also helped get the initial $14,000 for park equipment at the Austin town park. That amount helped to pay for fencing, picnic tables, grill and play equipment. Johnson noted the townsship spent $5,500 for the little league fence on the diamond.

He told over 50 persons gathered, "A trustee is at least a secretary. It's the board who makes the decision. A trustee just carries the message to the board. A trustee's signature is nothing without the board," he said.

In an earlier interview with the Austin-Crothersville News, Johnson related that he had met "a lot of nice people over the years."

He gave credit to other trustees for wisely investing past funds so projects could be paid for. He noted one of his personal accomplishments while in office was helping to gain some respect for the office. I feel we have a lot of respect for the trustee's office. Our office has always been willing to help," he said.

An Austin resident for 37 years, Johnson was the youngest person ever elected as township trustee. He and his wife, Lillie, have been married for 27 years. They have three daughtes and two sons. He works third shift at D Cummins Engine.

Johnson's daughter Vickie, acting as spokesperson for her brothers and sisters, told the group, "We want to thank the senior citizens for the honor. We have always been a close family. We are very proud to say Virgil Johnson is our father."

The dinner was sponsored by the South Central Indiana Council for the Aging and Aged, Incorporated. Daniel Eversole, trustee elect, was also present at the dinner.

After New Albany hearing, TARC set to figure out routes

By DAVID INMAN
Louisville Times Staff Writer

The Transit Authority of River City will spend the next two weeks deciding exactly how it will serve Clark and Floyd counties in Indiana, beginning Feb. 1.

In completing routes, TARC officials will keep in mind comments from about 35 Floyd County residents who attended a hearing last night at the City-County Building in New Albany. Another hearing was held last week in Jeffersonville.

And Southern Indiana residents with ideas about bus service may still send letters to TARC, 1000 W. Broadway, Louisville, Ky. 40203.

TARC will come north when the private, financially troubled, Free Enterprise System ends its service from Indiana to Louisville at the end of next month.

TARC has proposed five routes in Indiana — four express routes to and from downtown Louisville and one local route linking New Albany, Clarksville and Jeffersonville.

At last night's hearing, people asked TARC for more service to shops in downtown New Albany, and for even earlier morning and weekend service.

Guy Moser of New Albany wanted TARC to offer more than early-morning and late-afternoon trips to Louisville.

He asked that TARC's hourly route linking the Southern Indiana cities include Louisville in its run.

"What we want to do," he told TARC officials, "is get a system through New Albany where our senior citizens can get on and go to Louisville and go shopping or get medical treatment . . . if they need it." If TARC can't provide that kind of service hourly, Moser said, "then

See AFTER
Back page, col. 1, this section

After New Albany hearing, TARC set to draw routes

Continued from Page One

at least give us one in mid-morning and one in the afternoon."

Bobbie Napier, director of the Council for Older Americans, asked that TARC service linking the three Southern Indiana towns be extended to include senior citizen complexes, such as Westminister Village, behind the Green Tree Mall in Clarksville. The proposed route currently ends at the mall.

"I've had to cut my funds back, which means it's harder for me to transport senior citizens," Ms. Napier said. The federally financed agency runs 11 buses through Clark, Floyd, Scott and Harrison counties.

Ms. Napier told TARC officials that many residents who live behind the mall "could really use TARC. You could do a lot of business up there."

Easier access to shopping districts and doctors' offices was also a concern of New Albany City Councilman Maury Goldberg, who asked that an express route running from Indiana University Southeast in New Albany to [illegible] include stops at shopping centers along Grant Line Road.

"We'd like to see at least some bus service along there," Goldberg said. "Some people I've talked to are also most emphatic that service should be extended to six days a week."

But the idea that commanded the most approval was a request that the New Albany portion of TARC's hourly route be moved to Market Street rather than Elm Street.

Floyd County Prosecutor Stephen J. Beardsley, who described himself as a longtime bus rider, said a route down Market would be closer to businesses and would cause fewer traffic problems because Market is wider than Elm.

"The idea [of mass transit] is to run buses from where people are to where people want to be," Beardsley said. "There's a very viable community business district downtown, and if you make it easier for people to get there, you strengthen businesses."

Beardsley's suggestion was seconded by Ms. Napier and Susan Adams, president of the Main Street Preservation Association.

Corydon mourns the loss of a friend to a 'friendly place'

By CLAY RYCE
Louisville Times Staff Writer

Joe Rhoads has left Corydon some impressive monuments, such as a senior citizens center and a swimming pool.

But he always said he didn't want one in return, when he died.

"He just wanted a memorial service and have any money donated for a [community] center," said Joe Stepro, an old friend.

Rhoads, who donated much of his fortune to buildings and projects in the Corydon area, died Tuesday night at Harrison County Hospital.

He was born in Chicago, but Corydon was his adopted home. His wife, the late May Frank Rhoads, was a Corydon native, and the couple moved there in 1972 after Rhoads retired from the U. S. Department of Commerce.

"Corydon is a friendly place; a place of opportunity," he told an interviewer in the 1970s.

He said in the same interview that shortly before his wife died in 1973, she told him: "Now, you're going to have to do my part and your part, too."

Stepro and others who knew Rhoads say he went far beyond that challenge.

For instance, Rhoads donated $30,000 to buy a home that is used as the Harrison County Senior Citizens Center and $57,000 for an addition to the center. He gave $10,000 to the Harrison County Park and Recreation Department to help buy two-way radio equipment. He donated $3,000 to the county fairgrounds for a building. Rhoads gave $1,500 to the local ministerial association for a baseball diamond.

And he donated $60,000, $30,000 of which he borrowed, to help build a public swimming pool, which bears Rhoads' names.

Stepro said he thinks his friend would most want to be remembered for the pool.

"It was the biggest thing and has had the most continuous use," he said.

Rhoads also created two foundations. Money from both have been used to finance projects and to keep the senior citizens center and an adjoining building operating. Stepro, who helped Rhoads administer the

See CORYDON
Back page, col. 1, this section

6

A 14 THE LOUISVILLE TIMES, THURSDAY, DECEMBER 23, 1982

Staff Photo by Cort Best

Joe Rhoads, left, chatted with his friend Joe Stepro in June of 1977 next to the public swimming pool that Rhoads helped build with a $60,000 contribution. Rhoads died Tuesday.

Corydon is mourning the loss of a friend to a 'friendly place'

Continued from Page One

foundations, said they have combined assets of about $245,000.

That building has been used for such programs as a kindergarten, Alcoholics Anonymous and adult education.

Rhoads also had wanted to build a community center and auditorium and a jobs-training center for young people or handicapped persons, his friends said. Another Rhoads friend, Sam J. Byerly, said, "He was a man who would rather do for others than do for himself. He would rather give you a good meal than eat one himself. I don't think there was a man who has done more for this county than this man has done."

Byerly said he called Rhoads, who was 87, the "old man."

"He appreciated the fact he was as old as he was and active as he was," he said.

Hilda Bruce, who has run the senior citizens center for three years, said Rhoads visited the center daily to have lunch.

"He enjoyed life and was always wanting to help people," she said.

Before the start of yesterday's lunch, Mrs. Bruce held a moment of silent prayer and had everyone recite the Lord's Prayer, in honor of Rhoads.

"We have an empty spot here today," she said.

And Byerly added, "We won't be able to fill his boots."

Mrs. Bruce said Rhoads called her Saturday morning from his apartment over the center and asked to be taken to the hospital.

"He didn't say a whole lot when I took him to the hospital," Mrs. Bruce said.

And Byerly said, "I knew he was feeling bad, but I didn't realize how bad it was."

Byerly said Rhoads' hope was not to have to live in a nursing home. And Rhoads had been his usual, active self until he was taken to the hospital.

So people wouldn't worry, Rhoads kept his health problems to himself, his friends said.

Stepro said it was fitting Rhoads donated his body to the University of Louisville medical school. He was carrying out in death what he had done when he was alive, Stepro said.

He said a memorial service for Rhoads will be held in Corydon sometime after Jan. 1.

The Tribune

New Albany, Indiana

12 PAGES Thursday, Dec. 16, 1982 DIAL 944-6481 (USPS 377-700) 25¢

WEATHER

Today mostly cloudy and cold with a few snow flurries possible. Temperatures remaining in the mid to upper 30s. Northwest winds 10 to 15 mph. Tonight clearing and cold. Low in the low 20s. Light northwest winds. Friday sunny and not as cold.

Providence Retirement Home To Honor Msgr. Jansen

The historic building at E. Seventh and Spring streets is in the news again. The news brings to the fore the name of one of New Albany's most distinguished men, Monsignor James H. Jansen.

The building has seen several faces since its construction in 1902, as St. Edward's Hospital.

At the time of its dedication it was thought to be "one of the finest, most completely equipped hospitals in Indiana or the Middle West." On December 31, 1961 it closed its doors as a hospital due to the need for scientific advancements and staffing problems. At the closing of the hospital the Catholic Archdiocese of Indianapolis obtained the property and conducted a $300,000 remodeling program which converted the former hospital into a retirement home. Monsignor Jansen, at the time of the conversion, was dean of the New Albany deanery and was named by the archbishop the co-ordinator for the overall program of renovation.

Providence Retirement Home is a living memorial to Monsignor Jansen who by his courage and indomitable will made the institution possible. At the time of its dedication as a home, one of the Sisters who was also involved in the conversion, noted that "as the name indicates it will seek to be for its residents a real home." The home which today houses 77 residents must have been in the thoughts of Edgar A. Guest when he wrote "it takes a heap of lovin' to make a house a home" because according to Sister Barbara Ann Zeller, administrator, the residents enjoy a '"heap of lovin' and good care."

A recent cost analysis indicated that the home's laundry could be done more economically and efficiently by a commercial laundry rather than continuing to use the home's laundry facilities. So the facility laundry equipment was sold in a recent auction and the 2,000-square foot facility was turned into a social hall which was desperately needed by the home. The hall will serve the needs of the residents and staff and will be available for use by the general public for meetings and social gatherings. Due to the fact that Providence Retirement Home might not be in existence if it were not for Monsignor Jansen, the governing and advisory board deemed it appropriate that the new hall be named in honor of him. On Saturday, Dec. 18 Archbishop Edward T. O'Meara, members of the governing and advisory boards, residents and staff, will formally dedicate the hall. A sign giving proper designation of the hall will be unveiled at the celebration. In a recent conversation about the dedication plans, Monsignor Jansen shared with Sister Barbara that he continues "to have ample reason to view the work of his hands and find it good."

OTHER PROJECTS

In addition to this renovation project Providence has enjoyed other new projects and programs in recent months. Resident participation in the activities program is at an optimum. Every resident participates in some form of activity of either a group nature or on a one-to-one basis. With the purchase of a 12-passenger van the residents have been enjoying fishing and shopping trips, visits to concerts and the points of interest, ball games and picnics. They likewise continue to enjoy in-house activities including crafts, movies, parties, exercises, painting class, bible study, bingo, bunco and other classes. Participation in these activities is also made available to persons living in the community who are over the age of 55 and who choose to subscribe to them on a membership basis.

Pet therapy is a new program intiated through the activities department. A five-year-old even-tempered Cocker Spaniel named Muffy has succeeded in warming the cockles of each resident's heart. She engenders warmth and compansionship with her display of affection.

An in-service program in the nursing department was begun with the hiring of a part-time in service director. The education program began with the offering of a qualified medication course. Students in the program were nurse's aides from Providence and other local facilities who wished to become certified to pass medications in long-term health-care facilities. Another new program of the nursing department was the establishment of a free blood-pressure clinic for persons living in the local community over the age of 55. The clinic is open one day weekly for persons who care to use the service.

Another building project was the making of a greenhouse. The materials and labor were donated by friends of the home. The greenhouse serves as a therapy for those residents blessed with green thumb, and is a vital part of the home's beautification program.

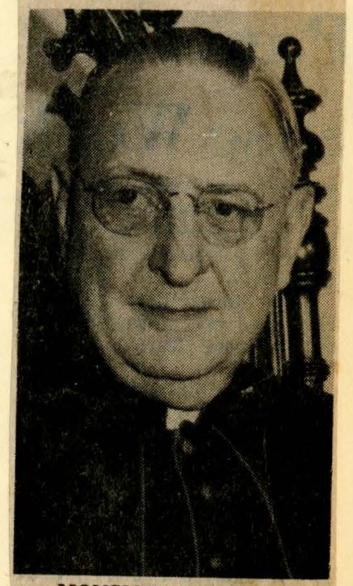
AUXILIARY RE-ACTIVATED

On Aug. 3 an auxiliary was re-activated at the home. Some 39 persons ranging in age from 15-81 years of age now help the residents and staff by serving as receptionists, accompanying residents on outings, teaching crafts, working in the snack shop and helping with various fund raisers. These many new faces have brought another dimension of care and concern to the Providence community.

Another project which has proven very popular and useful is the snack bar. The bar is run by the auxiliary and many residents. It is open for an hour Monday through Friday and satisfies the needs of residents who have a sweet tooth. The fare varies but always includes homemade desserts, hot and cold beverages, sherbert, ice cream and chips.

An educational service has been begun by the management and staff of Providence. In addition to the nursing course already mentioned the following seminars and courses are also to be held: "Nursing Assistant in the Healthcare Facility," "Healthcare for the Aged," and "Your Aging Parents at a Crossroad." Target audiences for the programs are healthcare service providers, senior citizens and relatives of senior citizens.

November began a program called "Pub Nite." The purpose of the program is to encourage relaxation and socialization. For those residents whose doctors permit, acoholic beverages and snacks are served during an evening of special entertainment. Non-alcoholic beverages are served to those whose health or preference do not tolerate alcohol. To kick off the program the "Bavarians" delighted the residents with their excellent German music and charming personalities.



MONSIGNOR JANSEN
...honor recipient

Through the year, Providence has enjoyed participating in several reciprocal programs: Through the Lab Skills Maintenance Program at Prosser Vocational Center, a student joined the housekeeping staff to practice skills he learned during his six weeks class. In the reciprocal program the participant attended class in the morning and got on-the-job training in the afternoon. In addition to the excellent help given to the home, half-wage reimbursement for participating in the program was received.

Twenty residents participated in a study conducted by and Indiana University doctoral candidate wherein a questionnaire designed to measure the variations in decision-making among the elderly was administered. The responses of the survey participants will be included in the candidate's dissertation and will eventually be included as part of a report distributed to healthcare providers.

Members of the home's service club made hand puppets for the Program Head Start which is a project sponsored by the Xi Beta Alpha chapter of Beta Sigma Phi Sorority.

The home has been declared a Retired Senior Volunteer Program site and is enjoying the volunteer services of a program member in the snack shop. Ten residents participated in the Senior Olympic Program in the areas of bowling, cards and crafts. One resident won an Olympic medal while the others received second place awards and certificates.

Many outstanding citizens of New Albany, Clarksville, Jeffersonville and Charlestown serve on the home's advisory board. At a recent meeting the following were elected as officers, Don Gibbons, president; Jack Leuthart, vice-president; and Thelma Bertrand, secretary.

There's a "heap of lovin" at Providence. The residents and staff invite the public to come and visit. For further information about the home or any of its programs one may call 945-5221..

VOLUNTEER FOR HEART FUND — Members of the Retired Senior Volunteer program, sponsored by the South Central Indiana Council for the Aged and Aging, have been helping the local Heart Association in stuffing envelopes on Heart Fund information. This group was working at the Clark Arms Apartments in Jeffersonville and includes, from left, Ida O'Neil, Eleanor Brown, Mattie Higgins, Sarah Roberts, Thelma Ice and Aurthelda Scott.

(Tribune Photo by Don Beck)

TUESDAY, JANUARY 25, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The Retired Senior Volunteer Program of Jeffersonville is working with the American Heart Association in making information kits to be available to the public. Placing information in the kits, pictured from left, seated around the table are Ida O'Neil, Eleanor Brown, Mattie Higgins, Sarah Roberts, Thelma Ice and Aurthelda Scott.

The Tribune, New Albany, Ind., Thurs., Jan. 27, 1983

Nursing Home Volunteer Training Workshop Set

The first training workshop for Friendly Companion volunteers will be Saturday, Jan. 29, 9 a.m. to 4:30 p.m. at Prosser Vocational Center, New Albany. The trained volunteers will be matched with residents of Floyd County's nursing homes and retirement homes.

The Friendly Companion project, considered unique in the State of Indiana, is co-sponsored by the Floyd County Community Education Council, the Voluntary Action Center and the Retired Senior Volunteer Program of the South Central Indiana Council for the Aging and Aged.

The purpose of the project is to match volunteers, one-to-one, with residents who receive few or no personal visits. Each volunteer will visit or otherwise be in contact with the same resident approximately once a week. Friendly Companions are asked to make a one-year commitment.

More than forty persons have indicated interest in becoming Friendly Companions. The projects steering committee hopes to train about half that number at the all-day session at Prosser. Evening training for those unable to attend a daytime workshop is tentatively scheduled for early spring.

Training topics include the Friendly Companion "job" description, the aging process, death and dying, what to expect in a nursing home, communication skills, reality orientation, volunteer rights and responsibilities, and legal aspects of nursing home volunteering.

Speakers at the workshop will be from Hospice, Ivy Tech, Legal Services Organization and Lincoln Hills Nursing Home, as well as from the three sponsoring organizations.

Each person who completes the entire workshop will be awarded a certificate of completion and a T-shirt bearing the project's slogan: "Love is Ageless: Visit a Nursing Home Resident."

Volunteers must attend all sessions of the workshop, plus a brief orientation at the facility, before being matched with a resident. Quarterly volunteer meetings will be conducted by the project steering committee to provide an informal opportunity for volunteers to share their experiences and answer any concerns which may arise.

The five facilities to be served include three nursing homes - Green Valley Convalescent Center, Lincoln Hills Nursing Home and New Albany Nursing Home, and two retirement homes - Floyd County Home for the Aged and Providence Retirement Home.

Persons interested in attending the January Friendly Companion training may still do so by calling the Voluntary Action Center at 583-2821.

Friendly Companion volunteers invited to training session

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WEDNESDAY, JANUARY 26, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

A program on molding clay was held at the Ken Ellis Senior Opportunity Center, Jeffersonville. Pictured from left are Eva Wood, Ola Thornton, Melvin Rowe, guest speaker, Fanny Jumper, Cora Wilson and Eliza Collier.

Wednesday, Feb. 9, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

RSVP program is expanding in Harrison Co.

Work has been progressing to expand the RSVP program in Harrison County.

RSVP (Retired Senior Volunteer Program) was established by Congress to help retired persons become community volunteers. In 1973 South Central Indiana Council for the Aging and Aged, Inc. became the local RSVP sponsor.

New stations have been signed, added to the meal sites, hospital guild and sewing groups at original stations. Original stations are Corydon Nursing Home, Harrison County Hospital and Indian Creek Convalescent Center. Other types of volunteer stations are being explored as potential worksites for Harrison County senior volunteers.

RSVP volunteers can receive benefits from the program. On-the-job accident insurance provides volunteers with adequate medical care should he or she be injured while doing volunteer work. If the normal expenses incurred in doing volunteer work, such as mileage or on-the-job meals present a financial burden to the volunteer, RSVP or the volunteer station can help with donated meals or partial mileage reimbursement. At least once annually RSVP and the community recognizes volunteers' service at a recognition dinner. "And the intangible benefits are many and varied, depending on the type of work the volunteer does: from the smiles of a nursing home resident to the thanks of a hospital visitor for being directed to a patient's room and of course, the inner glow that comes from knowing that he's being helpful," said Nancy Cooley of RSVP.

Persons wanting information on RSVP, either as a potential volunteer, volunteer station or interested party, stop by Indian Creek Convalescent Center on any Tuesday when RSVP staff or volunteers will be available to answer questions or write RSVP, 134 E. Main St., New Albany, Ind. 47150.

The Tribune, New Albany, Ind., Fri., Jan. 28, 1983

Love is Ageless!
Visit a Nursing Home Resident

LOVE IS AGELESS — That is the slogan for a special project of a Nursing Home Volunteer Training Workshop set Saturday from 9 a.m. to 4:30 p.m. at the Prosser Vocational Center. The project will match volunteers, one-to-one with residents of nursing homes and retirement homes, who receive few or no visitors. Those who complete the workshop and all of its sessions will receive a certificate of completion and a T-shirt bearing the project slogan. Looking over the T-shirts which will be awarded, are director of retired Senior Volunteers, Linda Codey, Gerrie Kaps, project steering committee and Mary Lou Tindle, director, Lincoln Hills nursing home. (Tribune Photo by Don Beck)

Ken Ellis Center Plans Busy February

Ken Ellis senior citizen center at 211 Martin Circle, Jeffersonville, has an exciting February planned for all seniors. They are sponsored by the South Central Council of Aged and Aging.

Friday, Feb. 4, they are traveling to the Shrine Circus in Louisville. They will leave Ken Ellis at 3 p.m. and return at 7 p.m.

Tuesday, Feb. 8 they will go to Bashford Manor Mall, Louisville, leaving the center at 10 a.m. and returning at 2 p.m. Anyone 60 or older interested in going may sign up.

Ken Ellis Center Valentine party is Monday, Feb. 14. James Wolverton of Claysburg Towers will play music. The party is between 1 and 3. Games, music and refreshments will be provided.

Thursday, Feb. 17 is the monthly Valentine dinner. Policeman, Danny Roden will speak on security in the home at 11 a.m. Everyone will bring a covered dish and they will have a pitch-in dinner eating at 12. Tim Doll and Mrs. Mary Aho will provide music entertainment at 1 p.m. Blood pressure check will be at 2.

All seniors are invited to come and enjoy crafts, games, and fun at the center. If you need transportation please call 948-9701. The center is open five days a week.

MONDAY, FEBRUARY 14, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

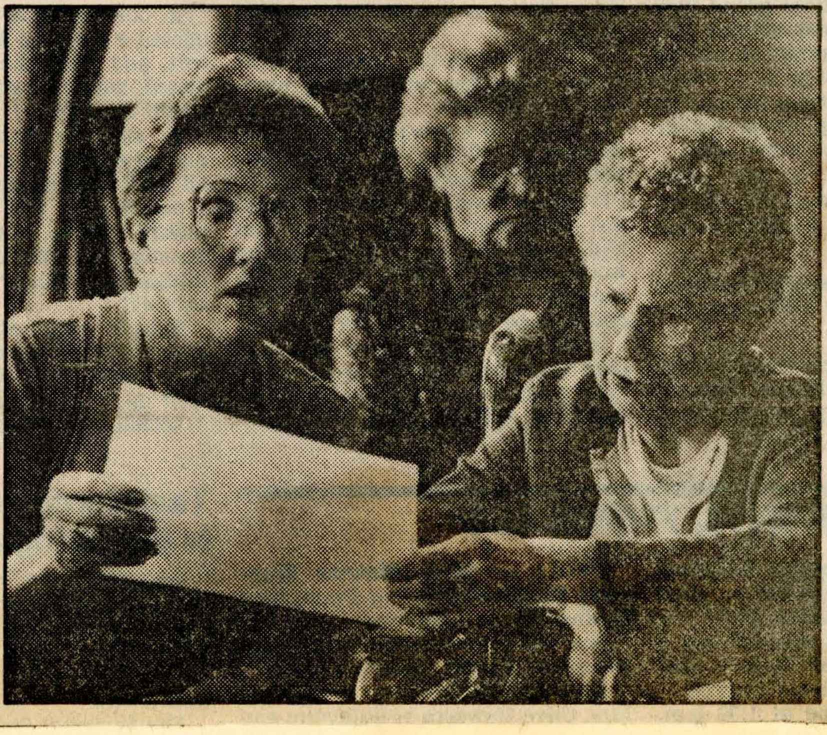
The Retired Senior Volunteer Program sponsored a Valentine party for senior citizen volunteer workers. Pictured from left, first row, are Erna Atwood, Florence Rogge, Henny Wiese and Virginia Smith; second row, Marie Reason, Ann Fischer, Viola Malare, Ethel Burns and Virginia Hume.

THE LOUISVILLE TIMES
THURSDAY, FEBRUARY 10, 1983
PAGE A5

Love is Ageless!
Visit a Nursing Home Resident

Close encounter of a caring kind

"I love all people, but I have a particular fondness for old people," said Roma Wolfe after her first visit with Catherine Lasch, a 72-year-old resident of Green Valley Convalescent Center in New Albany. Mrs. Wolfe is a volunteer in a new one-on-one companionship program at five Floyd County nursing and retirement homes. At right, the women sang at a Mass at the home. Below, smiles brightened their goodbyes as Mrs. Wolfe told her new friend to expect her back the next week. The weekly visits continue for at least a year under the program, which is sponsored by the Floyd County Community Education Council, the Retired Senior Volunteer Program and the Voluntary Action Center. For more information, call 583-2821.



STAFF
PHOTOS
BY
KEITH
WILLIAMS

Love is Ageless!
Visit a Nursing Home Resident

Wednesday, Feb. 16, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

If You're Over 60 and Retired . . .

You
Ought
To
Be
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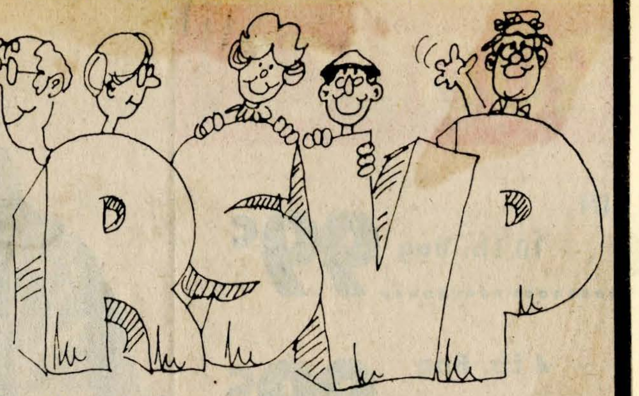

For further information call - - -
738-8127
RSVP is sponsored by the
SOUTH CENTRAL INDIANA COUNCIL
for the AGING AND AGED, Inc.

THE COURIER-JOURNAL, MONDAY, FEBRUARY 28, 1983

Picking up the pieces

Craftsman plans to rebuild factory destroyed by fire

By LINDA STAHL
Courier-Journal Staff Writer

CORYDON, Ind. — In the past several months, local craftsman Joe Zimmerman had built up his inventory of handmade glassware to prepare for the thousands of tourists who come to his little factory in spring, summer and fall.

But on Feb. 20 Zimmerman saw his internationally known art melt away in an early morning fire that destroyed the Zimmerman Art Glass Factory on the southeast edge of Corydon.

Countless glassware pieces, including paperweights, perfume bottles, candy jars, lamps, bud vases and ashtrays, melted in the intense heat, then "turned into little pieces of gravel" when they were sprayed with water by firemen, Zimmerman said.

"I had a real nice display of work," he said.

The fire not only destroyed the work of Zimmerman and his partner, Gene Baxley, but also ruined old glassware they collected including some 19th-century French pieces and some early 20th-century pieces made in Greentown, Ind.

"I still have lumps in my throat I can't get rid of," Zimmerman said during an interview last week.

His 24-year-old son, Bart, who joined the business last September, put the value of the ruined art work at $12,000.

But even though the business was uninsured (Zimmerman said the cost of insurance was prohibitive), Zimmerman and his son said they will rebuild.

And many of the members of this Harrison County community are hoping they will.

"It's the biggest tourist attraction in town," said Don Saulman, the town's fire chief.

Since news of the fire has spread, Zimmerman has heard from glass collectors in Indiana, Kentucky, Illinois and Iowa who want to invest money to see that a new factory rises from the ashes of the old.

That kind of interest and backing encouraged Zimmerman so much that he has begun the task of figuring out the cost of rebuilding.

He leased the land on Valley Road where his glass works stood. He now wants to buy the property from the Louisville, New Albany and Corydon Railroad, and to put up a new factory in the same spot.

Zimmerman said he is sticking by plans to make 175 special paperweights for Harrison County's 175th birthday celebration this year. He believes that the factory will be completed quickly once the rebuilding work begins.

Zimmerman and Baxley worked with heat and flame every day without incident since they opened their business on May 4, 1961. On summer days it got as hot as 120 degrees inside the factory where glass pieces were fired at 1,800 degrees in a large furnace.

Saulman said he believes the cause of the fire was electrical and young Bart Zimmerman agrees. Whatever the cause of the blaze, the tin-roofed, metal and wood-frame building couldn't be saved by the 12 Corydon and Harrison Township firefighters who arrived to fight the 5:30 a.m. blaze.

A state fire marshal who inspected the site told the glass blowers that fires in metal buildings are especially intense because the metal holds the heat.

Utility workers were able to turn off gas service to the factory in time to avoid an explosion. In the aftermath, the craftsman salvaged some of their tools.

Zimmerman believes that the only other glass works in Indiana where pieces are produced by hand is at Elwood in the northeastern part of the state.

In fact, only a handful of glassware craftsmen still do similar

See HOOSIER
Back page, col. 1, this section

1979 Staff Photo by Cort Best

Joe Zimmerman plans to rebuild his art glass factory in Corydon, which was destroyed by fire a week ago. Zimmerman makes all his items by hand.

Hoosier plans to rebuild factory destroyed by fire

Continued from Page One

work at furnaces in the country, Zimmerman said.

Many pieces fashioned by Zimmerman and Baxley have colored patterns inside. They make about 75 kinds of items; the most popular are paperweights.

The cheapest item they sell is a small paperweight that costs $3. The most expensive is a $250 candy dish with a rose in the lid.

Most of their sales were to people who visited the factory and bought something on display or placed an order. But the factory also sold to gifts shops around the country, including one at the United Nations.

The operation was too small to handle bulk orders for big stores, although they were constantly requested.

Zimmerman and Baxley were known for enjoying an audience for their glass blowing. And they also had a reputation for letting orders stack up if they had a new technique or design they wanted to try.

"When there's an order waiting, and we've got a new idea to try, the order has to wait. Creativity has to come first," Baxley once told a reporter.

Customers visited from all 50 states, plus quite a few foreign countries.

Joe Zimmerman learned glassblowing from his father, Victor, who with his partner, Jim Yunker, founded and operated a glassblowing plant at another Corydon location about 40 years ago. It was called Glass Handicrafters and specialized in glass chimneys for lamps. The factory was torn down as part of a flood-control project.

Baxley learned glass blowing from his partner.

Throughout their partnership, they have mixed their own glass, built their own molds and generally favored using old tools to keep old techniques alive.

"I'm going to try to see if this rubs off on my sons," said Zimmerman, 59, who "loves every minute" of his work. His son, Bart, an enthusiastic newcomer to the business, said that his younger brother, Kerry, "is interested in joining us, too, as soon as he gets out of college."

"All I know is what I feel and the feelings I have inside of me when I do this work are good," said the elder Zimmerman, who once labored in a furniture factory and passed up a chance to go to college on an athletic scholarship as a youth. "It just seems to me I was meant to do this."

The Tribune, New Albany, Ind., Mon., Feb. 28, 1983

Ken Ellis Center Keeps Busy

Seniors at the Ken Ellis Center, Jeffersonville, sponsored by the South Central Council of Aged and Aging are currently busy doing crafts and activities through the month of March.

Tour of the month will be to the Coca Cola Bottling Company, Louisville, and to the Natural History and Science Museum for the Kentucky quilt display March 8. First 40 signed up will go by bus. You can make reservations by calling 283-7356.

March 14 Dr. Tim Schmidt will appear at noon and speak "Eyes." Anyone 60 or older can come and enjoy the center.

St. Patrick's Day will be special with the Clark County Head Start children singing their favorite songs. There will be a wearing of the green contest at 11. A speaker from the Jeffersonville Fire Department will speak at 1 on fire and safety in the home. Blood pressure check will be at 2.

Crafts for the month include St. Patrick's Day decorations, bunnies, love knots, chickens, candlewicking and chicken scratch needle work.

Seniors come and enjoy the many activities at Ken Ellis Senior Citizen Center.

WEDNESDAY, MARCH 2, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

A luncheon and afternoon of musical entertainment for senior citizens of the Jeffersonville community was held at the Ken Ellis Senior Opportunity Center, Jeffersonville. Pictured from left are Timothy Doll, Mary Aho and Sue Johnson, activities director at the Ken Ellis Center.

WEDNESDAY, MARCH 2, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Aid In Paying Electric Bills Being Offered

Elderly and disabled residents of the Jeffersonville area may now get a "helping hand" toward paying their electric bills from several community organizations and Public Service Indiana.

According to David L. Calverley, area consumer services supervisor for PSI, the South Central Indiana Council for the Aging & Aged, Inc. and the Center for Lay Ministries, Inc. are sponsors of the "Helping Hand" program, a cooperative energy assistance program funded by PSI and administered by the American Association of Retired Persons.

Sponsoring agencies certify an individual's eligibility for the program, fill out assistance requests and, when possible, help pay a needy customer's bill.

"In return, Public Service Indiana will match payments made by the individual or the sponsoring agency dollar for dollar," Calverley said. The maximum matching fund payment is $40 per request. During the four-month period of the program, an eligible customer could receive up to $160.

To be eligible, PSI customers must be at least 60 years of age, or be disabled and receiving Supplemental Security Income. Recipients must also meet certain financial need requirements and be sponsored by an approved organization.

Jeffersonville area residents seeking more information may contact:

—South Central Indiana Council for the Aging & Aged, Inc., 134 E. Main Street, New Albany.

—The Center for Lay Ministries, Inc., 116 E. Chestnut Street, Jeffersonville.

—Interfaith Community Council, 703 E. Market Street, New Albany.

—Family Service Bureau, Inc., 117 E. Market Street, New Albany.

—New Albany Township Trustee, Room 109, City-County Building, New Albany.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Ken Ellis Senior Opportunity Center Plans Activities For March

The Ken Ellis Senior Opportunity Center, Jeffersonville, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., has several activities planned for the month of March.

A tour of the Coca Cola Bottling Company and the Natural History and Science Museum is planned for March 8. Dr. Timothy Schmidt will speak to the senior citizens on March 14 at 12 noon.

St. Patrick's Day celebrations will include the Clark County Head Start children singing their favorite songs. A wearing of the green contest will be held at 11 a.m. Les Kavanaugh of the Jeffersonville Fire Department will speak at 1 p.m. on fire and safety in your home and blood pressure checks will be conducted at 2 p.m.

The Tribune, New Albany, Ind., Thurs., Mar. 3

Giveaway Set

INDIANAPOLIS (AP) — The fifth distribution of federal government surplus cheese and the second giveaway of butter is set for mid-March, says Gov. Robert D. Orr.

"This time we will distribute 3,906,000 pounds of cheese and 1,618,200 pounds of butter," said Jean Merritt, executive director of the Indiana Department on Aging and Community Services, the state agency in charge of the program.

The Tribune, New Albany, In., Mon., Apr. 11, 1983

Plan May Trip To See Reds

Spring is here!

Once again The Council for Older Americans Inc. is planning a trip to Cincinnati, May 25, (Cincinnati Reds vs. St. Louis Cardinals). Game time is 12:35 P.M.

A charter bus will leave 317 East Fifth Street, at 9 a.m. and return as soon as the game is over. The cost of the trip is $10.00. This includes transportation and one ticket. You may bring your lunch or eat at the stadium.

It is Senior Citizen Day at the ballpark. Anyone sixty years of age or over call 948-2877, and ask for Bobbie Napier for reservations or more information. No refunds!

The Council for Older Americans, Inc. is funded by the Council for the Aging and Aged, Inc. A limited number of seats are available, first come, first served.

The Tribune, New Albany, Ind., Thurs., Mar. 3, 1983

Friendly Companion Training Continues

A second workshop to train Friendly Companion volunteers for Floyd County nursing homes is scheduled for the evenings of March 14 and 16 at Providence Retirement Home.

Co-sponsoring the training are the Floyd County Community Education Council, the Metro United Way's Voluntary Action Center and the Council on Aging and the Aged's Retired Senior Volunteer Program.

Volunteers completing all portions of the training are matched with residents of nursing and retirement homes, on the basis of life history interviews. Fifteen persons were matched following the project's Jan. 29 workshop. Steering committee members expect to train and place 15 to 20 more volunteers from the March training.

Topics of the workshop will include the Friendly Companion job description, the aging process, death and dying, what to expect in a nursing home, communication skills, reality orientation, volunteer rights and responsibilities, legal and insurance aspects of nursing home volunteering. Professionals from various field swill present sessions.

Training will run from 6 to 9 p.m. on both March 14 and 16. On the second evening, those completing the entire workshop will receive certificates. When they begin their visits as Friendly Companions, volunteers will receive free T-shirts hearing the project's slogan: "Love is Ageless: Visit a Nursing Home Resident."

Potential volunteers may register for the workshop by calling the Voluntary Action Center at 583-2821 by March 10.

Wednesday, March 16, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

RSVP needs volunteer

A volunteer is needed to work at the Retired Senior Volunteer Program (RSVP) office in Corydon two days a month. The office is located at Indian Creek Convalescent Center.

Duties include serving as receptionist for RSVP, answering questions, passing out brochures, and forwarding messages to the RSVP staff. Training will be provided.

The volunteer would also help coordinate the writing and publishing of the Indian Creek Convalescent Center's monthly newsletter. This would be done in co-operation with both staff and residents of the facility. Basic typing and organizational skills would be required. Training and supervision would be provided by the Indian Creek staff.

If you're interested in the position, contact RSVP at the Indian Creek Convalescent Center on Thursday for further information.

The Tribune, New Albany, In., Fri., Apr. 8, 1983

Ken Ellis Center Plans Busy Month

Ken Ellis Senior Citizen Center, 211 Martin Circle, Jeffersonville, is having a busy April.

Seniors will be busy doing such crafts as strawberry love knots, spring baskets, salt dough, refrigertor magnets, covered baskets and rainbow barrets.

Trips for the month begin April 12. There will be a tour of the historic Seelbach Hotel and the Louisville Galleria. Thursday, April 28 they will be going to the Louisville Zoo by bus. The monthly dinner will be Thursday, April 21. Herman Brown will be at the center talking on social security at 11 a.m. Floyd County Head Start children will come and sing at 11:45. Hoosier entertainers will perform at 1 and entertain with country music. At 2 there will be free blood pressure checks for all.

If you are a senior come and visit the Ken Ellis Center. They are open five days a week from 10 until 12. For transportation call 948-9701.

Voice Of The People Ledger-Tribune, New Albany, IN., Sun., Apr., 10, 1983

Grateful For Support

Dear Editor:

The Retired Senior Volunteer Program, sponsored by the South Central Indiana Council for the Aging & Aged, Inc., would like to express their appreciation to the following businesses and agencies for their support of the recent St. Patrick's Day Carnation Sale: Mutual Trust Bank, Floyd County Bank, Community First Federal, Regional Federal, all the programs of the South Central Indiana Council for the Aging & Aged, Inc., the Council for Older Americans, Floyd County Community Education Council, Lincoln Hills Convalescent Center, Clark County Memorial Hospital and all our volunteers.

The help and support of the community are factors that help make RSVP a successful project in Southern Indiana.

Sincerely,
Linda Codey,
RSVP Director

THE BANNER-GAZETTE, Wednesday, April 13, 1983

Social Security discussion set in Borden

Herman Brown, area representative from the Social Security Administration, will be conducting a special question and answer session covering Social Security, supplemental Security Income and Medicare on Friday, April 15, noon, at the Borden Museum Meal Site.

Reservations for the meal must be made 24 hours in advance by calling 967-4139. The cost of the meal to people 60 years of age and older is by donation only and to those under 60 is $2.50.

This program is sponsored by the South Central Indiana Council for the Aging & Aged, Inc. Senior citizens are especially invited to attend.

The Charlestown, In., COURIER, Wednesday, April 6, 1983

Easter party

THE SENIOR CITIZENS recently held their Easter party, and everyone made their own Easter bonnet. There were prizes given for first, second and third places. Pictured above are some of the ladies with their Easter bonnets. Photo by Cindy Streets.

FRIDAY, APRIL 15, 1983 THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The Silvertoners from New Albany presented a musical program at the American Association of Retired Federal Employees meeting held in Jeffersonville. Pictured from left, first row, are Alma Murphy, Mary C. Sillman, Grace Wilcox, Louise Blackburn, Ruth Reyna and Mary McKeown, association president; second row, Grace Higdon, Aptie Graf, Etta Hart Cooper, Orpha Nash, Camille Tighe, Rovilla Whelan and Mary Morey, director; third row, Virgil Lawrence, association secretary, Martin Voelker, Tom Markland, Paul Baker and Charles Whelan.

Wednesday, April 13, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

Senior citizens to see Reds play

The Council for Older Americans Inc. is planning a trip to Cincinnati on May 25 to see the Reds play the St. Louis Cardinals.

Game time is 12:35 p.m. A charter bus will leave 317 E. Fifth St. in New Albany at 9 a.m. and return as soon as the game is over. The cost of the trip is $10. Those who make the trip can bring their lunch or eat at the stadium.

May 25 will be Senior Citizens Day at Riverfront Stadium. For more information, call 948-2877 and ask for Bobbie Napier. A limited number of seats are available, and there will be no refunds.

The Council for Older Americans is funded by the Council for the Aging and Aged Inc., and serves Harrison, Floyd, Scott and Clark counties.

Ledger-Tribune, New Albany, In., Sun., Apr. 17, 1983

Session Will Cover Social Security Questions

Herman Brown, area representative from the Social Security Administration will be conducting a special question and answer session covering Social Security, S.S.I., and Medicare on Thursday, April 21, at 11 a.m. at the Ken Ellis Center located at 211 Martin Circle in Jeffersonville. All senior citizens are invited to attend this program. For further information contact Sue Johnson at 283-7356.

This program is a service of the South Central Indiana Council for the aging and Aged, Inc., in conjunction with the Social Services Block Grant funds from the Indiana Department on Aging and Community Services.

THE LOUISVILLE TIMES, MONDAY, APRIL 18, 1983

Health focus day. 9 a.m. to 3 p.m., Wednesday, Providence Retirement Home, 701 E. Spring St., New Albany. Free health screenings for people 55 and over will be available. A blood-chemistry test will cost $8, and people who take this test should fast at least 4 to 6 hours before. The other tests are free.

The South Central Indiana Council on Aging and Aged will provide transportation from the meal sites at Beechwood Manor, Parkview Towers, Riverview Towers and Floyds Knobs. There will also be free parking in the lot on Elm Street behind the home. For more information call 945-5221.

Wednesday, April 13, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

Hospital gift shop volunteers are sought

Mary Day, volunteer coordinator at Harrison County Hospital, needs Retired Senior Volunteer Program (RSVP) volunteers to work in the hospital gift shop. The gift shop is now open two hours each day, but Mrs. Day hopes to have enough volunteers for eight hours a day.

Volunteers must be able to handle small amounts of money and make change. RSVP volunteers can be reimbursed for meals at the hospital, for transportation to and from the hospital, and, in some instances, transportation can be arranged.

Anyone over 60 who is interested in volunteering should contact RSVP at the Indian Creek Convalescent Center on Thursday between 10 and 2. Call 738-8127 for more information.

RSVP is sponsored by the South Central Indiana Council for the Aging and Aged Inc.

The Tribune, New Albany, In., Tues., Apr. 19, 1983

Not Getting Share

Dear Editor:

I don't usually say anything about people using abuse, especially about the cheese give-away.

My son has been unemployed for about four years now. I work and we don't ask for anything, not that we couldn't use it, but because it seems everything is given to people that have work and good income.

Both times my son went after cheese, it was gone by the time he got to the door. I am sure we could live without it, but it doesn't seem fair that some people can get two boxes. I know this is true because I work with people that did.

Why can't they do differently about giving it out? The ones that give it out, give to their friends. It just don't seem fair that people that need it don't get it. They even come from different counties.

We try to do what's right, but you do wonder.

Thank you for listening. As I said, I don't try to get anything but I do feel my son deserved it.

Thank you
Mary L. Jackson.

Wednesday, April 20, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

Elderly shoppers sought for survey

Are you 60 or older? Do you have trouble reading the small print containing the price information? Are you able to reach for items on the top shelf without other items hitting you on the head? Can you maneuver around displays? Do you have difficulty in freeing a grocery cart which has been jammed into other carts? Do you ever need home delivery at a minimal cost?

The South Central Indiana Council for the Aging and Aged Inc. is seeking grocery shoppers 60 years of age or older to complete a survey identifying the grocery shopping needs of the senior citizen. The survey is being conducted at the nutrition sites and activity centers in Harrison, Clark, Floyd and Scott counties and at senior citizen clubs and organizations. However, all senior citizens are invited to complete the survey.

The results of the survey will be shared with the food store managers in a meeting to be announced. For information and survey forms, call Nancy Shiner at 1-948-8330 or come into the main office at 134 E. Main St.

THE BANNER-GAZETTE, Wednesday, April 20, 1983

Retirement home chosen Health Focus Day site

Providence Retirement Home and the South Central Indiana Council for the Aging and Aged will sponsor a Health Focus Day on Wednesday, April 20. It will take place from 9 a.m.-3 p.m. at the Providence Retirement Home in Jansen Hall, 701 E. Spring St., New Albany.

The program offers health screening to persons aged 55 and over. An estimated 25 percent of those who attended last year's Health Focus Day discovered a health problem that had been undetected.

Among the tests that will be available by professionals will be tests for hearing problems, glaucoma, oral cancer, anemia, breast cancer, and blood pressure problems. These screenings will be available free. A blood chemistry test will also be available, but carries with it a cost of $8.

Additional information about the event is available by calling 945-5221.

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WEDNESDAY, MARCH 2, 1983

Workshop Thursday for senior volunteers

Linda Codey, Retired Senior Volunteer Program director, and Martha Geary, director of nursing at Indian Creek Convalescent Center, will present a workshop on volunteer opportunities in Harrison County on Thursday at 7:30 p.m. at the convalescent center in Corydon.

The workshop is open to all persons interested in learning more about becoming a volunteer or working with senior volunteers.

Codey will discuss the opportunities available in Corydon, the benefits of being an RSVP volunteer and future plans for RSVP expansion in Harrison County.

"What to expect in a nursing home" will follow, presented by Geary. She will discuss some aspects of volunteering and visiting in nursing homes.

RSVP is sponsored by the South Central Indiana Council for the Aging and Aged Inc. It offers the opportunity for persons 60 or over to use their talents and skills in the community through volunteer work.

THE BANNER-GAZETTE, Wednesday, April 20, 1983

Senior citizens may complete shopping survey

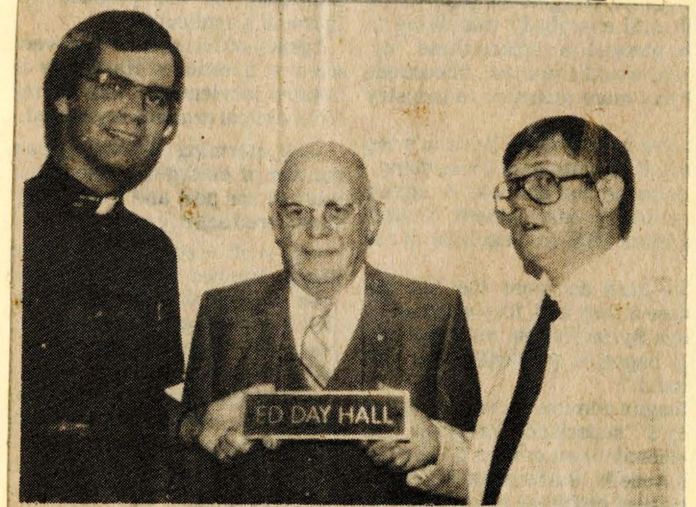
Local senior citizens are being asked to participate in a survey by the South Central Indiana Council for the Aging and Aged, Inc., according to Nancy Shiner.

Anyone 60 years of age or older may complete a form telling grocery store managers their problems while shopping. The survey is being conducted at the nutrition sites and activity centers in Clark, Floyd, Harrison, and Scott Counties.

To receive a survey form, contact Ms. Shiner at 948-8330 or visit the council's main office at 134 E. Main St., New Albany.

The results of the survey will be shared with the food store managers in a meeting to be announced later.

The Tribune, New Albany, In., Fri., Apr. 29, 1983



DEDICATED — The parish meeting rooms at Our Lady of Perpetual Help Catholic Church have been named Ed Day Hall in honor of Ed Day of New Albany. Presenting the plaque were, from left, asscoiate pastor Father John Meyer, Day and parish council president Tom Prinz. Day was honored for his years of service and participation in the forming, building and operation of the parish.

Wednesday, April 20, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

RSVP Volunteers Recognized

The Retired Senior Volunteer Program and its sponsor, the South Central Indiana Council for the Aging and Aged, Inc., recognized Southern Indiana volunteers for their contributions to the community through volunteering at a luncheon at Tommy Lancaster's, April 22. Over 200 volunteers attended the dinner in celebration of National Volunteer Week.

RSVP is in its 10th year of service to the communities of Southern Indiana. At the present time 372 volunteers work in 42 sites in Floyd, Scott, Clark and Harrison counties, recording over 50,000 hours per year.

In addition to honoring the volunteers, the staff, board of directors and advisory council of the South Central Indiana Council for the Aging and Aged, Inc., was recognized for their support and help with the program. An appreciation certificate to the agency was awarded to Thelma Bertrand, executive director.

Certificates were presented to outgoing RSVP advisory council members whose terms expire July 1. Receiving certificates were Ben Shiner, outgoing chairman, Patricia Cornwell, Irene and Charles Locke, Martha Bush, Helen Lacy, Myra Thompson, Mildred Sanders and Rebecca Arnold.

The invocation was given by Marion Arnold. Following dinner, The Bavarians, under the direction of Bronisolus Krupski, entertained the volunteers.

RSVP is funded by ACTION, the national program for volunteers, and is a Clark County United Way agency.

The Tribune, New Albany, Ind., Mon., May 2, 1983

Busy Month Planned At Ken Ellis Center

Ken Ellis Senior Citizen Center, sponsored by the South Central Council for the Aged and Aging, are busy getting ready for their Mother's Day Bazaar at 211 Martin Circle, Jeffersonville. A chicken dinner will be served between 11 a.m. and 1 p.m. and cost for the dinner will be $2.50, including drink and dessert.

Crafts are being made five days a week by our seniors and in May they will be making silk flowers, spring fruits and vegetables, needlework, candlewicking and soft sculpture. Monday, May 9, there will be a decorative painting and tole workship.

May 10 they will tour the historic Farmington in Louisville and travel to Bashford Manor.

Wesley Chapel United Methodist Church at 2212 State St., will put on a special program for the seniors Thursday, May 12, by the Rebekah Circle from 10 to 11:30 a.m.

May 16 and 18, Samuel Gwen and Clifford Maschmeyer will speak on adoption and estates. Judge Clementine Barthold and George Jacobs will talk on divorce, civil law, and juveniles at noon.

If you are 60 or older come visit Ken Ellis Center for crafts, tours and special guests.

At the monthly dinner for May, Jerry Williams from Leavenworth, will come and speak of the American Cancer Society. The Silvertones will sing at 1 p.m. Free blood pressure check will take place at 2.

For more information call the Ken Ellis Center 948-9423.

The Charlestown, In., COURIER, Wednesday, May 4, 1983

Search for Senior Queen begins

The tenth annual Area 14 Senior Queen Contest will be held on Saturday, June 11, 1983, from 2:00 to 4:00 p.m., at the Riverview Tower, New Albany. The contest is opened to any senior lady 65 years of age or older and residing in Clark, Floyd, Harrison, or Scott County. The contestants are judged on personality, civic contributions, and question-answer session.

The woman chosen to represent Area 14 will compete with 15 other Area Queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 Senior Queen participates in Harvest Homecoming, serves as hostess at various Council functions, and becomes a representative to the Governor's Conference.

The 1982 Senior Queen is Erna Atwood, who is very active in volunteer work for the Retired Senior Volunteer Program and the Mental Health Association. Nellie Lea Staton, sponsored by the New Albany Pilot Club, received first runner-up, and Pauline Henley, sponsored by the New Albany AARP, was awarded second runner-up.

Each civic organization is urged to sponsor a deserving lady for this honor. To receive further information or to enter the contest, contact Nancy Shiner at (812) 948-8330. The deadline for entering the contest is June 1.

The contest is sponsored in part by the South Central Indiana Council for the Aging and Aged, Inc. +

Bazaar Scheduled

The Ken Ellis Senior Opportunity Center, sponsored by the South Central Indiana Council for the Aging and Aged, is finalizing plans for a spring bazaar and chicken dinner, scheduled for May 6 at the Ken Ellis Center.

Other activities scheduled during May include a decorative painting and tole workshop May 9, and a visit to historic Farmington in Louisville and a shopping trip to Bashford Manor Mall on May 10.

Wesley Chapel United Methodist Church, New Albany will present a special program on May 12. On May 16 and 18 Judges Samuel Gwin and Clifford Maschmeyer will speak on adoption and estates and Judges Clementine Barthold and George Jacobs will talk on divorce, civil law and juveniles.

At the monthly dinner meeting in May Jerry Williams from Leavenworth, will speak on the American Cancer Society, the Silvertones from New Albany will sing and blood pressure checks will be taken.

THE BANNER-GAZETTE, Wednesday, May 4, 1983

Contestants being sought for Senior Queen Contest

The tenth annual Area 14 Senior Queen Contest will be held on Saturday, June 11, 2-4 p.m., at Riverview Tower, New Albany. The contest is opened to any woman, 65 years of age or older and residing in Clark, Floyd, Harrison, or Scott County. The contestants are judged on personality, civic contributions and a question-answer session.

The woman chosen to represent Area 14 will compete with 15 other Area Queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 senior queen participates in Harvest Homecoming, serves as hostess at various council functions, and becomes a representative to the Governor's Conference.

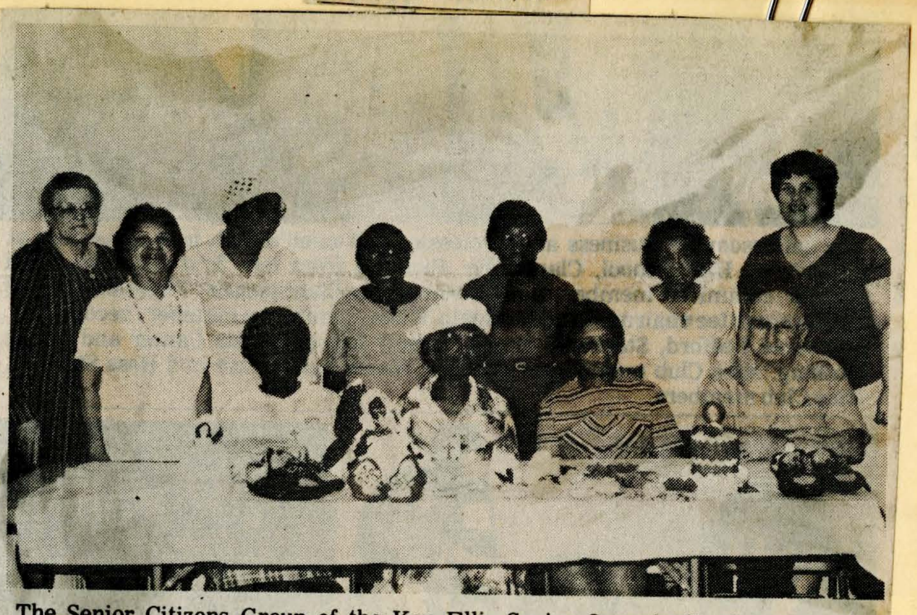
The 1982 Senior Queen is Erna Atwood who is very active in volunteer work for the Retired Senior Volunteer Program and the Mental Health Association. Nellie Lea Staton, sponsored by the New Albany Pilot Club, was named first runner-up, and Pauline Henley, sponsored by the New Albany chapter of the American Association of Retired Persons, was named second runner-up.

Each civic organization is urged to sponsor a deserving woman for this honor. To receive further information or to enter the contest, contact Nancy Shiner at (812) 948-8330. The deadline for entering the contest is June 1.

The contest is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

MONDAY, MAY 2, 1983



The Senior Citizens Group of the Ken Ellis Senior Opportunity Center held a meeting to finalize plans for a spring bazaar. Pictured from left, first row, are Mae Warren, Georgia Boyd, Rosie Coakley, Eula Rothwell and Glover Miller; second row, Gertrude Johnson, Ada Mae Daniel, Louise Morton, Cora Wilson, Mattie Higgs and Sue Johnson. The bazaar is scheduled for May 6 at the Ken Ellis Center.

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, May 11, 1983

WAVE Trouble-shooter to speak May 24 at Older Hoosiers Law Day

As part of Older Americans Month, the South Central Indiana Council for the Aging and Aged Inc. will sponsor Older Hoosiers Law Day on Tuesday, May 24. The program will be from 10 a.m. to 2 p.m. (EDT) and will be held at the Green Tree Village Nutrition Site, 2100 Green Tree North, Clarksville.

Featured speakers will include Dick Irby, WAVE-TV Trouble-shooter, on consumer protection, and Vernon Niemeier with the New Albany Police Dept., on "Crime Against the Elderly and Self Protection." Another feature will be a dramatization of a small claims court with commentary.

A nutrition meal will be served at 12 noon. The cost of the meal is by donation only to people 60 years or older; people under 60 pay $2.50 for the meal. Reservations must be made by Friday, May 20.

For further information and meal reservation, contact Nancy Shiner at 1-948-8330 or the Corydon Senior Citizen Center at 738-3065.

Wednesday, May 4, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

Senior queen search begins

The 10th annual Area 14 Senior Queen Contest will be held on Saturday, June 11, 1983, 2 to 4 p.m., at Riverview Tower, New Albany. The contest is opened to any lady 65 years of age or older and residing in Clark, Floyd, Harrison or Scott county. The contestants are judged on personality, civic contributions and question-answer session.

The women chosen to represent Area 14 will compete with 15 other area queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 Senior Queen participates in New Albany's Harvest Homecoming, serves as hostess at various Council functions and becomes a representative to the Governor's Conference.

Each civic organization is urged to sponsor a deserving lady for this honor. To receive further information or to enter the contest, contact Nancy Shiner at (812) 948-8330. The deadline for entering the contest is June 1.

The contest is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc.

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The Tribune, New Albany, Ind., Wed., May 4, 1983

Senior Queen Contest June 11

The tenth annual Area 14 Senior Queen Contest will be Saturday, June 11, 2:00-4:00 p.m., at Riverview Towers in New Albany. The contest is opened to any senior lady sixty-five years of age or older and residing in Clark, Floyd, Harrison, or Scott County. The contestants are judged on personality, civic contributions, and question-answer session.

The woman chosen to represent Area 14 will compete with fifteen other Area Queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 Senior Queen participates in Harvest Homecoming, serves as hostess at various council functions, and becomes a representative to the Governor's Conference.

The 1982 Senior Queen is Erna Atwood who is very active in volunteer work for the Retired Senior Volunteer Program and the Mental Health Association. Nellie Lea Staton, sponsored by the New Albany Pilot Club, received first runner-up, and Pauline Henley, sponsored by the New Albany AARP, was awarded second runner-up.

Each civic organization is urged to sponsor a deserving lady for this honor. To receive further information or to enter the contest, contact Nancy Shiner at 948-8330. The deadline for entering the contest is June 1.

The contest is sponsored in part by the South Central Indiana Council for the Aging and Aged, Inc.

THE INDIANA WEEKLY, WEDNESDAY, MAY 18, 1983

The 10th annual Area 14 Senior Queen Contest will be held from 2 to 4 p.m. June 11 at Riverview Tower, New Albany. The contest is open to any woman 65 years and older residing in Clark, Floyd, Harrison or Scott counties.

The woman chosen to represent Area 14 will compete with 15 other contest winners at the Indiana State Fair for the title of Indiana State Senior Queen. She also will participate in Harvest Homecoming, serve as hostess at various functions for the sponsoring South Central Indiana Council for the Aging and Aged and become a representative to the governor's conference.

Deadline to enter the contest is June 1. For further information, contact **Nancy Shiner** at 948-8330.

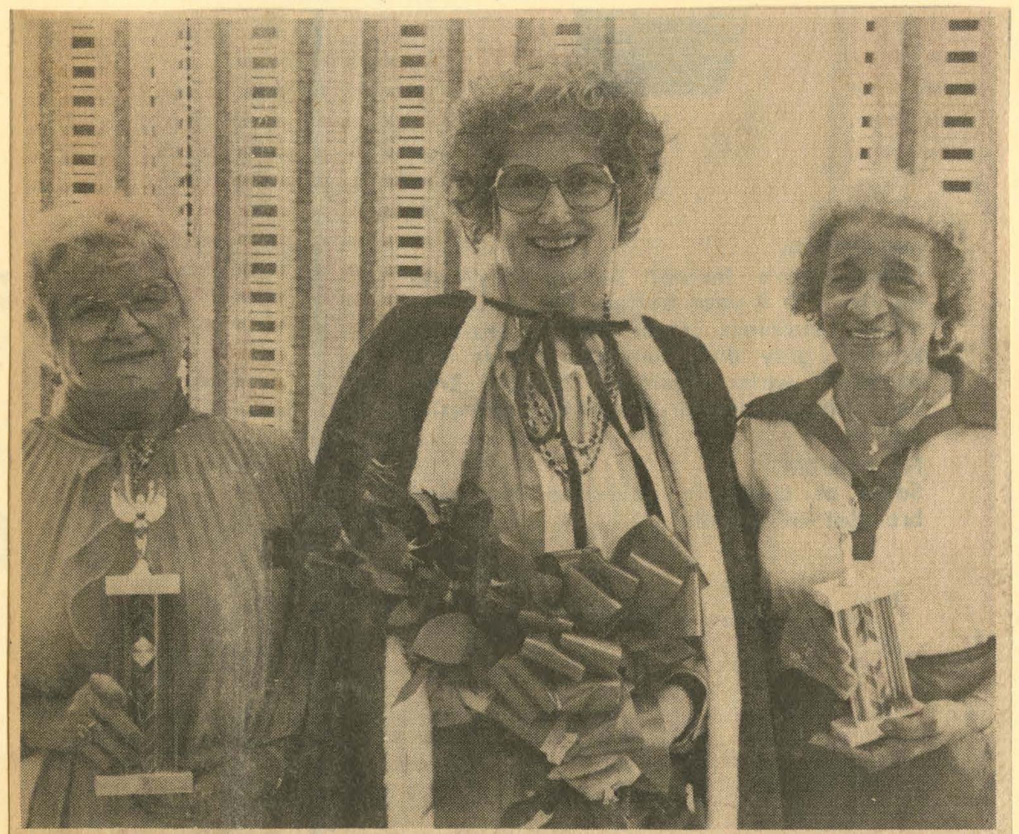
The Tribune, New Albany, In., Thurs., June 9, 1983

Senior Queen Contest Will Be Saturday

The South Central Indiana Council for the Aging and Aged, Inc., is sponsoring its tenth annual Senior Queen Contest on Saturday, June 11, from 2 to 4 p.m. This special event will be held at Riverview Towers, 500 W. 2nd Street, new Albany.

To be selected Senior Queen is quite an honor which recognizes a senior lady's many years of service to this community. The selectedlady participates in the Indiana State Senior Queen Contest, Harvest Homecoming, and the Indiana Governor's Conference. There are six ladies who have entered this contest, one from Floyd County, one from Scott County, and four from Clark County.

The Tribune, New Albany, In., Tues., June 14, 1983



SENIOR QUEEN — Florence M. Sussman of Jeffersonville, center, was named area Senior Queen over the weekend in ceremonies at Riverview Towers. She is flanked by first runner-up, Gladys A. Blankenbeker of Jeffersonville, left, and Ruth K. Bledsoe of New Albany, right. The senior queen will participate in the state contest Aug. 19 at the Indiana State Fair. She will also be involved in several activities of the South Central Indiana Council for the Aging and Aged, who sponsored the contest along with the Kiwanis Club of Historic New Albany and the Jeffersonville Jaycees.

(Tribune Photo by Marti Bergstrom)

1983 FLORENCE SUSSMAN

1983 FLORENCE SUSSMAN

1983 DORIS BEETS

Staff Photo by Cort Best

Senior queen crowned

Florence Sussman, Indiana's new Area 14 Senior queen, donned a royal robe with help from Nancy Shiner after winning the award Saturday. Moments later New Albany Mayor Robert Real put the crown on her head. Ms. Sussman was selected on the basis of community and civic contributions, personality and an interview with judges. She will compete with 15 other area winners in the Indiana State Senior Queen contest at the Indiana State Fair in August.

THE INDIANA WEEKLY, WEDNESDAY, MAY 11, 1983

The 10th annual Area 14 Senior Queen Contest will be held from 2 to 4 p.m. June 11 at Riverview Tower, New Albany. The contest is open to any woman 65 years and older residing in Clark, Floyd, Harrison or Scott counties.

The woman chosen to represent Area 14 will compete with 15 other contest winners at the Indiana State Fair for the title of Indiana State Senior Queen. She also will participate in Harvest Homecoming, serve as hostess at various functions for the sponsoring South Central Indiana Council for the Aging and Aged and become a representative to the governor's conference.

Deadline to enter the contest is June 1. For further information, contact **Nancy Shiner** at 948-8330.

The 1982 Senior Queen is **Erna Atwood,** who is active in volunteer work for the Retired Senior Volunteer Program and the Mental Health Association. **Nellie Lea Staton,** sponsored by the New Albany Pilot Club, was first runner-up last year, and **Pauline Henley,** sponsored by the New Albany AARP, was named second runner-up.

THE BAVARIANS

R.S.V.P. HONORED — The Retired Senior Volunteer and its sponsor, the South Central Indiana Council for the Aging and Aged, Inc., recognized volunteers last week at a special luncheon. Outgoing RSVP board members were recognized with certificates. From left are Linda Cody, RSVP director; Ben Shiner, outgoing board member; Thelma Bertrand, executive director of the Council for the Aging and Aged, and Irene and Charles Locke, outgoing board members. (Tribune Photo By Don Beck)

RSVP Volunteers Recognized

The Retired Senior Volunteer Program and its sponsor, the South Central Indiana Council for the Aging and Aged, Inc., recognized Southern Indiana volunteers for their contributions to the community through volunteering at a luncheon at Tommy Lancaster's, April 22. Over 200 volunteers attended the dinner in celebration of National Volunteer Week.

RSVP is in its 10th year of service to the communities of Southern Indiana. At the present time 372 volunteers work in 42 sites in Floyd, Scott, Clark and Harrison counties, recording over 50,000 hours per year.

In addition to honoring the volunteers, the staff, board of directors and advisory council of the South Central Indiana Council for the Aging and Aged, Inc., was recognized for their support and help with the program. An appreciation certificate to the agency was awarded to Thelma Bertrand, executive director.

Certificates were presented to outgoing RSVP advisory council members whose terms expire July 1. Receiving certificates were Ben Shiner, outgoing chairman, Patricia Cornwell, Irene and Charles Locke, Martha Bush, Helen Lacy, Myra Thompson, Mildred Sanders and Rebecca Arnold.

The invocation was given by Marion Arnold. Following dinner, The Bavarians, under the direction of Bronisolus Krupski, entertained the volunteers.

RSVP is funded by ACTION, the national program for volunteers, and is a Clark County United Way agency.

FRIDAY, JUNE 17, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aging and Aged, Inc. sponsored an Area 14 Senior Queen contest with Florence Sussman, left, selected as the 1983 queen. Congratulating the queen is Evelyn Grangier, sponsor of the Fairington Meal Site. The contest was held at the Riverview Towers, New Albany.

MONDAY, JUNE 13, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Carriage Ford
284-4444

Clarksville Town Board president Kenneth Meloy is pictured with Erna Atwood, Area 14 Senior Queen. Booths at the George Rogers Clark Days Festival will open at 6 p.m. on Friday, June 17. Saturday the booths will open at 10 a.m. and remain open until midnight and the booths and rides will open at noon on Sunday with closing time scheduled for 5 p.m.

Ledger-Tribune, New Albany, In., Sun., May 29, 1983

Recognition Luncheon June 3

A recognition luncheon will be held by the South Central Indiana Council for the Aging and Aged, Inc. June 3 to honor the Title V enrollees of the Senior Community Service Employment program.

Enrollees receiving certificates for their contribution of talents and skills to the programs are Naomi Brown, Mary Craig, Louise Ferris, and Mary Young from Floyd County; Samuel Bannon, Otis Casey, Mary Faulkenberg, Mabel Johnson, La Rena Rippy, and Marie White, from Clark County and Rosalie Surber from Scott County.

Mayor Robert Real, Mayor Richard Vissing, the Board of Directors and other dignitaries have been invited to pay tribute to the enrollees. The luncheon will be held in Yesterday House, 1003 E. Main Street at 12 noon.

The Tribune, New Albany, In., Fri., Apr. 29, 1983

DONATED TO CRUSADE — Rsident of Parkview Towers have raised $1,070.50 which will be donated to the Crusade for Children this weekend. The 82 residents raised the money over the past eight months with rummage sales, a white elephant table and raffles of cakes, pies, crafts and paintings. All the raffle items were made and purchased by Parkview Towers residents. Admiring an afghan made by Esther Newkirk are, from left, Virgie Black, George Lenz, Grace Evans, Joyce Montgomery, Ellen Carpenter, Vivian Vest, Opal Hall and Ruby Morlen. Phyllis Bott won the afghan.

(Tribune Photo by Don Beck)

TUESDAY, MAY 31, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

A senior citizens luncheon was held at the Ken Ellis Senior Opportunity Center, Jeffersonville. Pictured above, seated at the piano are Alma Murphy and Mary Morey; second row, standing, from left are Ottie Graf, Grace Wilcox and Orpha Nash; third row, Al Lindstrom, Martin Voelker, Tom Markland and Paul Baker.

The Tribune, New Albany, Ind., Thurs., June 2, 1983

Ken Ellis Center Planning Busy Month

Ken Ellis Senior Citizens Center has a busy month coming up in June.

Tours for the month will include one to Jefferson Mall, Tuesday, June 7 from 10 to 2:30. They still have a few vacancies for this trip.

Monday, June 20 they will take a senior citizen cruise on the Belle of Louisville. Music, sing-a-longs and dancing will be provided.

New craft for the month will be stencil painting. Other crafts will be candlewicking, crochet, needlepoint, recipe card holders, dough art, sewing, tole painting and kitchen magnets.

The monthly dinner will be Thursday, June 16, and will feature a salad dinner. M. A. Hyder Shah from Silvercrest will do a slide presentation. Jerry Williams will also talk on the American Cancer Society. A style show will take place, featuring senior citizen ladies in clothes they have made. Blood pressure check will be at 2 p.m.

Friday, June 24, the ladies will have a rummage and bake sale, from 10 to 2. If anyone has anything to donate, the seniors would appreciate any article. Proceeds will go for the senior activities.

July 11 and 12 they will travel by bus and take a tour of Opryland. Seniors will stay at the elegant Opryland Hotel. All seniors are welcome to go on tour for a small charge. For more information call Sue Johnson at 283-7356.

The center is sponsored by the South Central Indiana Council of the Aged and Aging.

Older Hoosiers Law Day Is Tuesday

As part of Older Americans Month, the Council for the Aging is sponsoring Older Hoosiers Law Day on Tuesday, May 24 from 10 a.m. to 2 p.m.

This special program will be at the Nutrition Site in the Green Tree Village, 2100 Green Tree North, Clarksville.

Featured speakers will be Dick Irby, WAVE Troubleshooter, on Consumer Protection at 10:30 a.m. and Vernon Niemeier with the New Albany Police Department on Crime Against the Elderly and Self Protection at 1 p.m.

Another feature will be a dramatization of a Small Claims Court at 11:15 a.m.

A nutrition meal will be served at 12 noon, followed by a program presented by the Special Education classes of the New Albany-Floyd County School.

TUESDAY, MAY 31, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

A birthday celebration and appreciation luncheon was held at the Watson Nutrition Site honoring Mr. and Mrs. Michael Egan for their outstanding work with the nutrition program. Pictured from left, first row, are Michael Egan, Winifred Egan and Ruth Soliday; second row, Angela Cook, nutrition director for the South Central Indiana Council for the Aging and Aged, Billy Paul Branham and Rev. Willard Collins. Not pictured is Stella Shook, meal site manager.

THE INDIANA WEEKLY, WEDNESDAY, JUNE 22, 1983

People

Florence Sussman of Jeffersonville has been named winner of the **10th annual Indiana Area 14 Senior Queen award.**

The contest, which was open to all Southern Indiana women 65 years and older, was held June 11 at Riverview Tower in New Albany.

Ms. Sussman was honored for her service to her community, which included delivering butter and cheese to the home bound and permitting students at New Hope school to use her indoor pool.

Ms. Sussman will compete with 15 other area winners at the State Fair for the title of Indiana State Senior Queen.

"Her chances of winning are very good," said **Nancy Shiner,** program developer of South Central Indiana Council on Aging and Aged.

She also will participate in Harvest Homecoming, serve as hostess at various functions for the council on aging and become a representative to the governor's conference.

The Tribune, New Albany, Ind., Fri., June 3, 1982

TELLING IT LIKE IT IS — Members of the Friendly Companion Nursing Home Volunteer project sponsored a humorous skit on the difficulties and pleasures residents and volunteers experience in becoming acquainted. Steering committee member, Gerri Kaps wrote the play, being presented by, from left, Janie Alexander, narrator; Mary Brown as Betsy the volunteer; Dorothy Alexander as Gertrude, the resident she visits, and Gloria Nash as Ruth, the grumpy roommate. The skit was presented at a recent meeting of the group, which serves five area nursing and retirement homes. Each companion has one resident visited weekly. The project is co-sponsored by the Floyd County Community Education Council and the Retired Senior Volunteer Program of the Council on Aging and Aged. For more information contact 944-2054.

(Tribune Photo by Victor Head)

Ledger-Tribune, New Albany, In., Sun., May 22, 1983

FRIDAY, JUNE 10, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aging and Aged, Inc. sponsored a recognition luncheon in New Albany honoring the Title V employees of the Senior Community Service Employment program. Pictured from left are Mayor Robert Real of New Albany; Otis Casey, LaRena Rippy and Mary Craig, Title V employees honored at the luncheon; Cheryl Pierce, high school volunteer and Wanda James, Title V coordinator.

The Tribune, New Albany, Ind., Fri., July 8, 1983

Reservations Taken For State Fair Trip

The South Central Indiana Council for the Aging & Aged, Inc., is sponsoring Area Day at the Indiana State Fair on Saturday, August 20. All people 60 years and older and residents of Clark, Floyd, Harrison, and Scott Counties are invited to Indianapolis.

Air conditioned buses will leave various pick-up points at 9 a.m. (EDT) and will return at approximately 6 p.m. (EDT).- The pick-up points for Bus one will be Clark Arms, Claysburg II Tower, Fairington Apartments, Green Tree Village and Silver Creek Civic Center. Bus two will pick up at Riverview Towers, Parkview Tower, Beechwood Community Center, Henryville Nutrition Site, Scottsburg Senior House, and Austin Nutrition Site.

The trip fee of $10.50 includes ticket to the fair and transportation; it does not include meals. The fee must be paid by July 22 and cannot be refunded. Reservations are on a first come basis.

For reservations and further information, contact Nancy Shiner at 948-8330. Reservations are accepted at the Main Office, 134 E. Main Street, New Albany.

THE BANNER-GAZETTE, Wednesday, June 22, 1983

Council schedules meal site hearings

Hearings to determine the needs of the elderly will be conducted at the meal sites of the South Central Indiana Council for the Aging and Aged, Inc. on Monday, June 27, through Thursday, June 30.

Following are the locations and dates: Harrison County Senior Citizens Center, June 27, 11 a.m.; Riverview Towers, June 30, 11:15 a.m.; Borden Museum Meal Site, June 29, 11:45 a.m.; and New Albany Senior Center, June 29, 12:15 p.m.

The hearings are opened to the public. Anyone over the age of 60 wishing to have lunch at the site on the day of the hearing may do so by making reservations on or before noon the preceeding day.

The participant is asked to donate toward the cost of the meal, according to his ability. Those under the age of 60 are required to pay $2.50, the full price of the meal. Persons can attend the hearing without participating in the meal program. Call 948-8330 for further information.

Ledger-Tribune, New Albany, In., Sun., June 5, 1983

Baseball Trip Is Scheduled

The Council for Older Americans, INC. is planning a trip to Louisville Redbirds vs. Indianapolis Indians at 7:30 p.m. Sunday, June 19.

A charter bus will leave 317 E. Fifth St. at 6 p.m. and return as soon as the game is over. The cost of the trip is $5.25. This includes transportation and one ticket.

Anyone sixty years of age or over may call 948-2877, and ask Bobbie for reservations or more information. A limited number of seats are available; first come, first served.

The Council For Older Americans is sponsored by The Council For The Aging & Aged, INC.

TUESDAY, JUNE 7, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Older Hoosier Law Day, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., was held at Green Tree Village, Clarksville. Pictured from left are Dick Irby, guest; Guy Roehm, information and referral aide; Nancy Shiner, program developer and Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged, Inc.

THE BANNER-GAZETTE, Wednesday, June 8, 1983

Older Americans to see Redbirds, Indians play

The Council For Older Americans, Inc. is planning a trip to Louisville on Sunday, June 19, when the Louisville Redbirds will play the Indianapolis Indians.

Game time is 7:30 p.m. A charter bus will leave 317 E. 5th St., New Albany, at 6 p.m. and return as soon as the game is over. The cost of the trip is $5.25. This includes transportation and one ticket.

Anyone 60 years of age or over may call 948-2877 for reservations or more information. Callers should ask for Bobbie. There will be no refunds!

The Council For Older Americans is sponsored by The Council For The Aging & Aged, Inc. A limited number of seats are available on a first come, first served basis.

The Tribune, New Albany, In., Thurs., June 9, 1983

July Cheese Giveaway Follows New Method

The South Central Indiana Council for the Aging & Aged, Inc., announces that a new method will be used to distribute cheese in July. Only those Hoosiers presenting letters of eligibility will receive the surplus cheese.

The Indiana Department on Aging & Community Services will send letters in June to about 400,000 Hoosiers eligible for the summer distribuiton. These letters will be sent to people receiving Supplemental Security Income, Medicaid, food stamps, and unemployment security income and to those who received assistance from Project SAFE, the state's program for helping low-income Hoosiers pay winter utility bills.

Past cheese giveaways were made to the elderly regardless of income through the Nutrition Program (both congregate and home delivered), Title XX Social Services, Retired Senior Volunteer Program, and ACtivity Centers of the Council for the Aging. Under the new method, the Council for the Aging will not be involved in the distribution.

The new method of distribution offers tighter control over income requirements. All questions should be directed to the various community action agencies.

The Charlestown, In., COURIER, Wednesday, July 6, 1983

Council for Aging sponsoring Area Day at Indiana State Fair

The South Central Indiana Council for the Aging and Aged, Inc., is sponsoring Area Day at the Indiana State Fair on Saturday, August 20. All people 60 years and older and residents of Clark, Floyd, Harrison, and Scott Counties are invited to Indianapolis.

Air-conditioned buses will leave various pick-up points at 9:00 a.m. (EDT) and will return at approximately 6:00 p.m. (EDT). The pick-up points for Bus 1 will be Clark Arms, Claysburg II Tower, Fairington Apartments, Green Tree Village, and Silver Creek Civic Center. Bus 2 will pick up at Riverview Tower, Parkview Tower, Beechwood Community Center, Henryville Nutrition Site, Scottsburg Senior House, and Austin Nutrition Site.

The trip fee of $10.50 includes ticket to the fair and transportation; it does not include meals. The trip fee must be paid by July 22 and cannot be refunded. Reservations are on a first-come basis.

For reservations and further information, contact Nancy Shiner, 948-8330. Reservations are accepted at the Main Office, 134 East Main Street, New Albany. +

LOUISVILLE SH SENIOR HOUSE

SENIOR HOUSE, INC.

in celebration of its Twentieth Anniversary

cordially invites you to hear

DR. ARTHUR S. FLEMMING

Friday, June 24, 1983

1:30 P.M.

Auditorium, University of Louisville Medical School
Health Sciences Library and Commons Building
520 South Preston Street

Reception immediately following
Senior House
411 East Muhammad Ali Boulevard
(Dosker Manor North)

The Magic of . . .

Senior House

. . . 20 Years of Growth

LOUISVILLE SH SENIOR HOUSE

20th Anniversary Celebration

June 24, 1983

Senior citizens plan trip to state fair

The South Central Indiana Council for the Aging & Aged, Inc., is sponsoring Area Day at the Indiana State Fair on Saturday, Aug. 20. All people 60 years and older and residents of Clark, Floyd, Harrison, and Scott Counties are invited to Indianapolis.

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For reservations and further information, contact Nancy Shiner at 948-8330. Reservations are accepted at the Main Office, 134 E. Main Street, New Albany.

THE BANNER-GAZETTE, Wednesday, July 13, 1983

Council seeking Hoosier of the Year

The South Central Indiana Council for the Aging and Aged, Inc. is seeking candidates for this year's Area 14 Older Hoosier of the Year Award. The recipient must be 65 years of age or older, must reside in Clark, Floyd, Harrison, or Scott County, and must have a record of community service.

The criteria used for the selection will include: achievements made after age 60, achievements prior to age 60, involvements in programs for the aging during the last year, and accomplishments related to such programs prior to age 60.

The purpose of the award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service. The Area 14 winner will become a contestant in the 11th annual state Older Hoosier of the Year Award competition, which is the highest honor bestowed on a senior by the Indiana Department of Aging and Community Services.

All clubs and organizations are invited to nominate a member for consideration. For more information or an application, contact Nancy Shiner at 948-8330. The deadline for applying is Sunday, July 31.

THE INDIANA WEEKLY, WEDNESDAY, JULY 13, 1983

The South Central Indiana Council for the Aging and Aged, Inc., is sponsoring Area Day at the Indiana State Fair Aug. 20.

All those 60 years old or older who are residents of Clark, Floyd, Harrison and Scott counties are invited to attend the trip to Indianapolis.

Air-conditioned buses will leave various pick-up points at 9 a.m. and will return at about 6 p.m. The pick-up points for bus no. 1 are Clark Arms, Claysburg II Tower, Farington Apartments, Green Tree Village and Silver Creek Civic Center. Pick-up points for bus no. 2 are Riverview Tower, Parkview Tower, Beechwood Community Center, Henryville Nutrition Site, Scottsburg Senior House and Austin Nutrition Site.

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For more information, contact Nancy Shiner at 948-8330. Reservations will be accepted at the council's main office at 134 E. Main St. in New Albany.

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Past winners have included Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day and Frank Mardis.

The Area 14 winner will become an applicant in the state Older Hoosier of the Year Award, which will be presented during the Governor's Conference on Aging in French Lick.

All clubs and organizations are invited to submit a member for consideration. For further information and applications, call Nancy Shiner at 948-8330. Deadline for applications is July 31.

WEDNESDAY, JULY 20, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Senior Citizens Visit Opryland

Senior citizens who attend daily activities at the Ken Ellis Senior Opportunity Center, sponsored by the South Central Indiana Council for the Aging and Aged, visited Opryland in Nashville, Tennessee.

The group stayed at the Grand Opryland Hotel and visited several tourist attractions including the Upper Room Museum and and the Johnny Cash Museum.

Those attending were Anna Campbell, Alma and Glayds Marr, Georgia Boyd, Rosie Coakley, Mae Warren, Delores Pigue, Hazel Holbrook, Adline Cowhead, Mary Deaton, Eula Rothwell, Bessie Walls, Gertrude Taylor, Andrew Carter, Thelma Durbin, Ruth Bledsoe, Anna Smith, Imogene Starks, Lucille Knear, Louise Baines, Ethel Nicholson, Beuhal Byrd, Erna McIntyre, Linda Lee, Fern Sparks, Mr. and Mrs. Gene Morton, Mr. and Mrs. Louis Jumper and Sue Johnson, coordinator of the senior citizens program at the Ken Ellis Center.

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SENIOR HOUSE, INC.

in celebration of its Twentieth Anniversary

cordially invites you to hear

DR. ARTHUR S. FLEMMING

Friday, June 24, 1983

1:30 P.M.
Auditorium, University of Louisville Medical School
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Health Sciences Library and Commons Building
520 South Preston Street

Reception immediately following
Senior House
411 East Muhammad Ali Boulevard
(Dosker Manor North)

78bb

SENIOR HOUSE - 1983

From our excellent beginning in 1963, Senior House has grown and developed in types and number of services rendered and also in the number of locations served. Through a very effective outreach program, we are able to reach persons not only through our main site at Dosker Manor and the eight other centers, but also by delivering services directly to homes.

Services include outreach/home visits, medical transportation, assistance with emergency needs, health related services, counselling, and group recreational activities.

During 1982, 7,630 unduplicated older persons were served by the agency's 25 full and part time employees and 347 volunteers. The volunteers, most of whom are senior citizens, provided 21,880 hours of service last year.

Metro United Way, the City of Louisville, Jefferson County, Louisville Community Development, KIPDA, individual and corporate contributions provide the operating funds enabling Senior House to be an intregral part in a better quality of life for many older persons.

Fred L. Gerwing, President
Board of Directors

1983 BOARD OF DIRECTORS

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Mrs. Carl Rankin, Vice-President
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Mrs. Lloyd Greenebaum

Miss Margaret Hargrove
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*George W. Schroeder
Frank Simpson
Floyd Sooy
John G. Treitz, Jr.
Mrs. Alean Uselton
Jack F. Will

*Deceased 1983

Juliette Jones, Executive Director

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All clubs and organizations are invited to nominate a member for consideration. For more information or an application, contact Nancy Shiner at 948-8330. The deadline for applying is Sunday, July 31.

THE INDIANA WEEKLY, WEDNESDAY, JULY 13, 1983

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Senior House and the Austin Nutrition Site.

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Past winners have included **Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day** and **Frank Mardis.**

The Area 14 winner will become an applicant in the state Older Hoosier of the Year Award, which will be presented during the Governer's Conference on Aging in French Lick.

All clubs and organizations are invited to submit a member for consideration. For further information and applications, call Nancy Shiner at 948-8330. Deadline for applications is July 31.

WEDNESDAY, JULY 20, 1983
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Senior Citizens Visit Opryland

Senior citizens who attend daily activities at the Ken Ellis Senior Opportunity Center, sponsored by the South Central Indiana Council for the Aging and Aged, visited Opryland in Nashville, Tennessee.

The group stayed at the Grand Opryland Hotel and visited several tourist attractions including the Upper Room Museum and and the Johnny Cash Museum.

Those attending were Anna Campbell, Alma and Glayds Marr, Georgia Boyd, Rosie Coakley, Mae Warren, Delores Pigue, Hazel Holbrook, Adline Cowhead, Mary Deaton, Eula Rothwell, Bessie Walls, Gertrude Taylor, Andrew Carter, Thelma Durbin, Ruth Bledsoe, Anna Smith, Imogene Starks, Lucille Knear, Louise Baines, Ethel Nicholson, Beuhal Byrd, Erna McIntyre, Linda Lee, Fern Sparks, Mr. and Mrs. Gene Morton, Mr. and Mrs. Louis Jumper and Sue Johnson, coordinator of the senior citizens program at the Ken Ellis Center.

Wednesday, July 20, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

Consumer education program for elderly

The South Central Indiana Council for the Aging and Aged Inc. will hold a series of consumer education programs at nutrition sites and activity centers in Harrison, Clark, Floyd and Scott counties.

The program is designed to give information about possible fraudulent activities in home maintenance schemes, purchases and legal contracts, personal incomes through at-home jobs, medical and health deals, and funeral and burial packages.

Representatives of the Indiana Attorney General's office will discuss these topics Wednesday, July 27 at the Frenchtown Nutrition Site, St. Bernard's Church, Frenchtown, 11 a.m.

(EDT) (call 347-3210 for more information), and the Corydon Nutrition Site (Harrison County Senior Citizens Center), 123 Mulberry Street, 12 noon (EDT) (738-3065).

The programs are held in conjunction with the council's nutrition program. All senior adults are invited to attend.

Those who wish to eat at the nutrition site should make a reservation 24 hours before the program. The cost of the meal to a person 60 or older is by donation only; for those under 60 it is $2.50.

Transportation can be arranged by calling 738-3065 24 hours in advance.

THE INDIANA WEEKLY, WEDNESDAY, JULY 20, 1983

Awards

The **South Central Council for the Aging and Aged** is accepting nominations for the 1983 **Area 14 Older Hoosier of the Year Award**, which recognizes an outstanding Hoosier for a lifetime of community service.

The person selected must be 65 or older and reside in Clark, Floyd, Harrison or Scott County. In deciding, achievements after age 60 will count 30 points; achievements before 60, 20 points; involvements in aging programs during the past year, 30 points; and accomplishments related to aging programs prior to age 60, 20 points.

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All clubs and organizations are invited to submit a member's name for consideration. For further information and applications, call **Nancy Shiner** at 948-8330. Deadline for applications is July 31.

Tours

The **South Central Indiana Council for the Aging and Aged Inc.** is sponsoring **Area Day at the Indiana State Fair** Aug. 20.

All those 60 years old or older who are residents of Clark, Floyd, Harrison and Scott counties are invited to join the trip to Indianapolis.

Air-conditioned buses will leave various pick-up points at 9 a.m. and will return at about 6 p.m. The pick-up points for bus No. 1 are Clark Arms, Claysburg II Tower, Farington Apartments, Green Tree Village and Silver Creek Civic Center. Pick-up points for bus No. 2 are Riverview Tower, Parkview Tower, Beechwood Community Center, Henryville nutrition site, Scottsburg Senior House and Austin nutrition site.

The $10.50 fee includes a ticket to the fair and transportation. It must be paid by Friday and cannot be refunded. For more information, contact **Nancy Shiner** at 948-8330. Reservations will be accepted at the council's main office, 134 E. Main St., New Albany.

Classes, workshops

The **South Central Council for the Aging and Aged** will present a program on **consumer education** at the various nutrition sites and activity centers in Clark, Floyd, Harrison and Scott counties.

Representatives from the Indiana State Office of the Attorney General will provide information to enhance consumer awareness of possible fraudulent activities in home maintenance schemes, purchases and legal contracts, personal income through at-home jobs, medical and health deals and funeral and burial packages.

All senior adults are invited to attend. Times and places will be:

July 27:

11 a.m. — Frenchtown Nutrition Site, St. Bernard Church, Depauw, 347-3210;

11:45 a.m. — Beechwood Community Building, Kelly Drive, New Albany, 945-8842;

Noon — Corydon Nutrition Site, 123 Mulberry St. Corydon, 738-3065.

July 28:

11 a.m. — Clark Arms Nutrition Site, 117 W. Market St., Jeffersonville, 283-8800;

Noon — Green Tree Village Nutrition Site, 2100 Green Tree Blvd., Clarksville, 282-7761;

1 p.m. — Ken Ellis Center, 211 Martin Circle, Jeffersonville.

July 29:

11:30 a.m. — Borden Museum Meal Site, Borden, 967-4139;

Noon — Austin Nutrition Site, 93 Broadway, Austin, 794-4212.

All of these programs except the one at the Ken Ellis Center are held in conjunction with the council's nutrition program. Those who would like to eat at the site should make a reservation at least 24 hours before the program by calling the appropriate number listed above. The cost of a meal to people 60 or over is by donation; the cost to those under 60 is $2.50.

For transportation, call the following numbers 24 hours in advance: Clark and Floyd counties — 948-9701; Harrison County — 738-3065; Scott County — 752-4134.

The Tribune, New Albany, Ind., Thurs., July 28, 1983

Seek Aid To Help Elderly

Three local organizations are asking public help in extending relief to elderly persons during summer heat waves.

The Floyd County Community Action Agency (FC-CAA) intends to establish a "fan back" for persons wishing to donate fans or air-conditioning units for distribution to needy persons.

Persons wishing to donate such appliances may drop them off at the FCCAA Energy Center at 1903 E. Main St. The FCCAA office at 2741 Charlestown Raod, is also accepting donations in the form of checks to buy fans or air-conditioners.

Similar donations are being collected by the South Central Indiana Council for the Aging and Aged Inc., 134 E. Main St.

Larry Byrd, New Albany Township Trustee, said any persons wishing to donate fans or air-conditioners for the needy may also call his office.

All three agencies said there had been requests for the appliances during the recent extended periof of hot weather.

Air Conditioners Going To Needy

Seven new air conditioners were delivered to the elderly Friday as the result of a cooperative effort by concerned citizens.

The first donor, who wishes to remain anonymous, contacted Mayor Robert Real for his consent and support to originate a drive to solicit funds for air conditioners to be loaned to the elderly suffering from health problems aggravated by hot weather.

The project was adopted by the directors and staff of the Mutual Trust Bank and within 24 hours the Bank had collected within its own organization funds to purchase seven air conditioners with commitments to add to the fund.

The South Central Indiana Cuoncil for the Aging and Aged, Inc., was chosen to determine the eligibility of the recipients and recruit volunteers to deliver and install them. The Council had a waiting list but also contacted the Floyd County Memorial Hospital and Community Services in order to provide the units to the elderly with the greatest need.

Anyone wishing to contribute to the fund may send a donation to the Mutual Trust Bank, for air conditioners for the aging.

An elderly person, in need of an air conditioner many contact the South Central Indiana Council for the Aging and Aged, inc., Nancy Shiner or Guy Roehm, 948-8330. The air conditioners will be loaned to people age 60 or older, based on their health needs. Those with acute physical problems such as heart disease, emphysema and bronchitis, will receive top priority.

The Council for the Aging also has a limited number of ans available for the elderly.

Ledger-Tribune, New Albany, In., Sun., July 24, 1983 Page 5

Elderly Offered Classes On Consumer Education

The South Central Indiana Council for the Aging & Aged, Inc., announces an upcoming program on Consumer Education at the various nutrition sites and activity centers in Clark, Floyd, Harrison and Scott Counties. The program will provide information to consumers to enhance their awareness of possible fradulent activities in home maintenance schemes, purchases and legal contracts, personal incomes through at-home jobs, medical and health deals, and funeral and burial packages.

Representatives from the Indiana State Office of the Attorney General will address these issues at the following places:

Wed., July 27

Frenchtown Nutrition Site, St. Bernard's Church, Depauw, at 11:00 a.m. (EDT) - 347-2310;

Corydon Nutrition Site, 123 Mulberry Street, Corydon, at 12 noon (EDT) - 738-3065;

Beechwood Community Building, Kelly Drive, New Albany, at 11:45 a.m. (EDT) 945-8842;

Thurs., July 28

Clark Arms Nutrition Site, 117 W. Market, Jeffersonville, at 11 a.m. (EDT) 283-8800;

Ken Ellis Center, 211 Martin Circle, Jeffersonville, at 1 p.m. (EDT);

Green Tree Village Nutrition Site, 2100 Green Tree Boulevard, Clarksville at 12 noon

Fri., July 29

Borden Museum Meal Site, Borden, at 11:30 a.m. (EDT) - 967-4139;

Austin Nutrition Site, 93 Broadway, Austin at 12 noon (EST) 794-4212.

All of these programs except the ones at the Ken Ellis Center are in conjunction with the Council's Nutrition Program. All senior adults are invited to attend. Those who wish to eat at the site should make a reservation 24 hours before the program by calling the appropriate number listed above. The cost of the meal to a person sixty years or older is by donation only; the cost to person under 60 is $2.50.

Transportation can be arranged by calling the following numbers 24 hours in advance: Clark and Floyd Counties - 948-9701; Harrison County - 738-3065; Scott County - 752-4234.

These programs are held in cooperation with the Area 14 Agency on Aging, the Indiana Department on Aging & Community Services, and the Indiana State Office of the Attorney General.

The Tribune, New Albany, In., Mon., July 25, 1983

Senior Disciples

The Senior Disciples of Central Christian Church met July 21 at the church for a picnic. Clarence Flora led prayer. After dinner members enjoyed a summertime contest, which was won by Juanita Gesell.

The program was by Mrs. Terry Mullineaux, recently appointed director of RSVP (Retired Senior Volunteer Program) for Floyd, Clark, Harrison and Scott Counties, who talked about their program and showed a film. The primary focus of RSVP being on the needs and interests of older persons and the worth of their service to their communities.

Berniece Walker and Grace Higdon were hostesses and the following were present, Martha Winter, Wilma Shock, Louise Blackburn, Grace and Clarence Flora, Lucille Harris, Al and Juanita Gesell and LaVern Trusty.

The Tribune, New Albany, Ind., Thurs., July 28, 1983

ATTORNEY GENERAL VISITS — Indiana Attorney General Linley E.Pearson, left, stopped by the activity building at the Beechwood Housing Center and talked with a group of senior citizens at a luncheon. Here he speaks with Rebecca Arnold of 502 McArthur Drive as Nancy Shiner, in charge of program development for the South Central Council for the aging and aged, looks on. Pearson stopped by the center to present a consumer's workshop and explain just what protection the consumer has and enlightened them on some of the many con schemes that are worked on the consumer. (Tribune Photo by Don Beck)

Ledger-Tribune, New Albany, In., Sun., July 31, 1983

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SUMMER RELIEF ARRIVES — Summer relief arrived Friday for Mr. and Mrs. Louis Kiser of 421 Crystal Ave., when Joe Seiler, left, the Kisers' son, Joe center, and Benny Griffin, installed an air-conditioner in the Kiser home. Seiller and Griffin are employees of the New Albany Sewer Department. Several local agencies and individuals are taking donations and old fans and air conditioners for distribution to elderly and needy families who have been suffering through the heat wave. (Tribune Photo by Bev Tully)

SENIOR CITIZENS SUPPLEMENT
THE TRIBUNE - JULY 1983

Mature Living

ENJOYING THEIR GOLDEN YEARS — Senion Citizens of Floyd County can enjoy many activities at the Fifth Street Senior Citizens Center, 317 E. Fifth. The center is sponsored by the South Central Indiana Council for the Aging and Ages, Inc. and is one of five in the area. Participating in ceramics, one of many daytime activities offered are, from left around the table, Faye Hamby, Martha Stepp, Evelyn Lynch, Margaret Gillespie, Mary Perkins, Opal Cooper, Pansy Bowley and Lorine Danner. (Tribune Photo by Don Beck)

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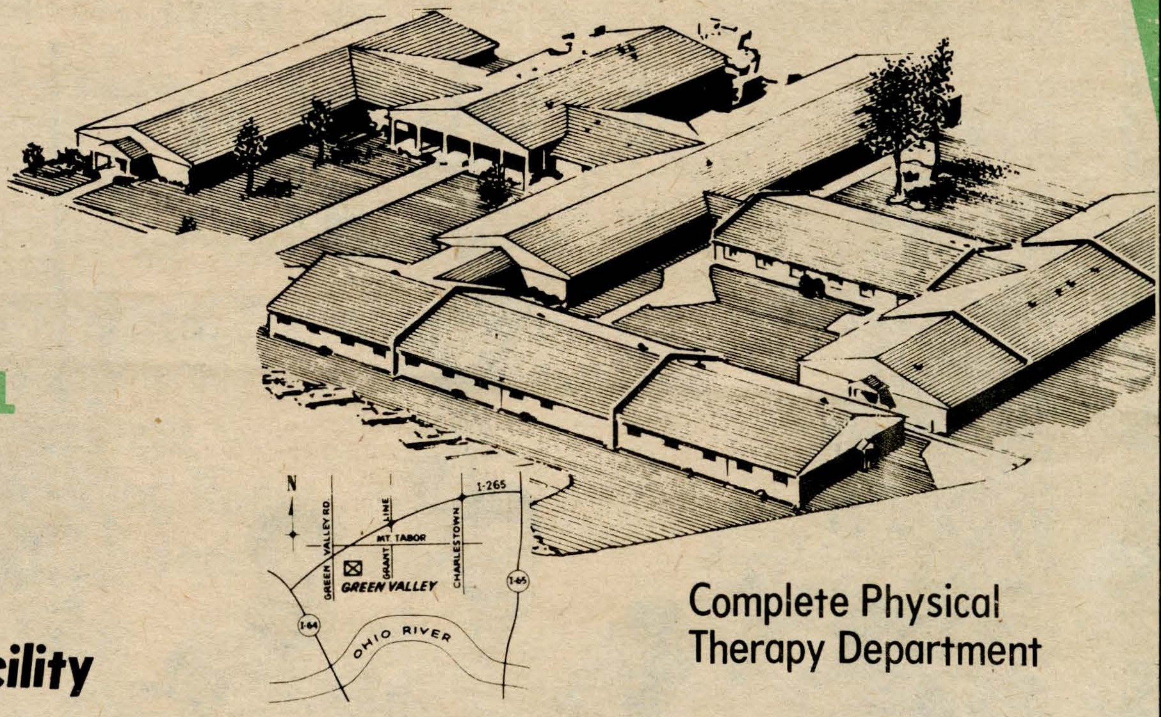
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Council For Aging Offers Variety

The South Central Indiana Council for the Aging & Aged, Inc., is celebrating its tenth year of providing programs and services to meet the needs of senior citizens in Clark, Floyd, Harrison and Scott counties. The Council has health, nutrition, Title XX Social Services, and transportation programs; an information and referral service; the Retired Senior Volunteer Program; cultural, educational, recreational, and social activities; and employment possibilities through Title V.

The Nutrition program not only provides a social setting for conversation and programs and activities, but also a balanced hot meal to an average of 800 people a day: at 16 meal sites throughout the four counties and by home delivery to those senior citizens who are unable to attend a meal site. The three meal sites in Floyd County are Riverview Tower, Parkview Tower, and Beechwood Community Center. Reservations must be made twenty-four hours in advance by calling the main office at 948-8873. The cost of the meal to a person 60yyears of age or older is by donation only.

The Council for Older Americans (COA) makes an average of 3000 trips monthly to nutrition sites, doctor offices, clinics, utility companies, and shopping centers. Two of the station wagons can make trips into Louisville to treatment centers or doctor offices. Again reservations must be made twenty-four hours in advance by calling 948-9701.

COA also offers daytime cultural, educational, recreational, and social activities at five senior centers. Arts and crafts are offered; discussions of current events and special workshops are held relating to the needs of the older adult; bingo and cards are played; trips outside the Center are scheduled. Over 1350 senior citizens a month participate in these activities. The Senior Center in Floyd County is at 317 E. 5th Street.

The Information and Referral Service, which is available 24 hours a day, seven days a week, offers a quick reference to community resources suited to meet the needs of the senior citizen. Approximately 125 calls a month are handled. This program also issues the senior citizen discount card, the Living Will, and a newsletter four times a year.

Other components of this program are Carrier Watch established with the New Albany Post Office and a job bank for people who will do light housekeeping, minor home repair and sitting with the elderly for a nominal fee.

Another program within the Council for the Aging is the Title XX Social Services Program which serves older persons living on low and fixed incomes. One function of Title XX is to keep the elderly in their own homes and out of institutions. The Personal Care Assessors evaluate the needs of an elderly person and then link the needs with the community services hwhich will meet the needs. This might include singing the person up for other Title XX programs, assisting with applications for food stamps, social security, SSI, etc. and by escorting the elderly to these services or arranging for transportation.

The Homemaker - Handyman Program has strict federal guidelines. This program serves people who are unable to take care of their own homes and includes housecleaning, minor home repair, weatherizing, carpet shampooing, etc.

Title XX is involved in the Project SAFE and Helping Hand outreach. This ensures that all elderly who are eligible for the low-income fuel assistance programs receive them.

Finally the Nursing Home Pre-admission Screening, a process designed to determine what type of social and medical services are needed to maintain an individual's health and well-being is under Title XX. Anyone who makes application to a nursing home will have to be prescreened. A comprehensive assessment of a person's functional, health, environmental, and psycho-social status is made and the service needs of the individual. Those established needs are then compared with what services are available withih the community and how much they will cost. If the cost of the cost of the recommended in-home service is more than 75% of the monthly nursing home cost, the person is admitted to the nursing home. If under 75%, an attempt is made to link the individual up with the needed services.

The Health Services Program offers screening for the high blood pressure once a month at each of the 16 Nutrition Sites by a trained person. Health education programs and seminars are held. An added event will be the third Senior Olympics featuring competition in bowling, golf, fishing, horseshoes, hobby show, and euchre tournament and will be held September 15, 16, and 17.

The Retired Volunteer Program (RSVP) provides retired and semi-retired persons the opportunity to participate more fully inhthe life of their communities through volunteer service. The primary focus of RSVP is on the needs and interests of older persons serving as senior volunteers, and the worth of their services to their communities is invaluable. After a basic orientation, the volunteers are offered job placement according to their interests and preferences. Over 400 volunteers log a minimum of 10 hours every three months to be considered active. They serve at 43 various stations including nutrition sites, libraries, hospitals, nuring homes, and workshops. Last year they contributed over 45,000 man hours. RSVP - Resourceful, Sincere, Vital, Productive!

Other special programs have included Older Hoosiers Law Day, the 1982 Older Hoosier of the Year Award to Frank Mardis, legislative seminars, Small claims Court presentation, the 1983 Senior Queen Contest won by Florence Sussman, Social Security programs, a grocery shopping survey taken by over 300 people and to be distributed to local grocery store managers.

An upcoming program is Consumer Education in cooperation with the Office of the Attorney General and the Indiana Department on Aging & Community Services. The focus of the program, to be offered in the Nutrition sites and activity centers, is to provide information to consumers to enhance their awareness of possible fradulent activities in the areas of consumer fraud, legal contract problems, home maintendance schemes, medical and health frauds, and funeral and burial frauds.

Future programs include the Area Day at the Indiana State Fair on August 20, a style show for those who are disabled.

The South Central Indiana Council for the Aging and Aged, Inc. is located at 134 E. Main Street, New Albany. For further information on any of the programs, call 948-8330.

Federal Retirees Enjoy Annual Picnic

The New Albany Chapter of National Association of Retired Federal Employees had their annual picnic on July 14 at Buffalo Trace Park, Palmyra.

After a delicious picnic supper in the shelter house the members were entertained by Scott Lomond, a student at Floyd Central High School, who sang and accompanied himself on the guitar. Dr. Jim Adams, program chairman, led the group in singing a number of older familiar songs.

Some of the members took advantage of the lake at the park and enjoyed some swimming and other brought along fishing equipment. The first fish was caught by Norma Graf.

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Clark County Woman Is Area 14 Senior Queen

Florence Sussman was crowned 1983 Area 14 Senior Queen in ceremonies at Riverview Towers, New Albany in June. As senior queen, she will participate in the Indiana State Senior Queen contest at the Indiana State Fair on Aug. 19.

Mrs. Sussman has been awarded many certificates for her hours of community work: Clarksville Woman of Achievement; Outstanding Contribution in Race Relations and Community Services from Clark County Community Action Agency; Ambassador of Good Will from the City of Jeffersonville; and Certificate of Appreciation for Mayor VissingShe is an active participant in the Empty Stocking Fund of Clark County and this year helped to repair and dress over 300 dolls.

Mrs. Sussman has also offered the use of her indoor pool to the New Hope School for the Mentally Retarded on Saturday. In 1976 she was honored by the local NAACP when she was the first white woman to be selected the General Chairperson of the NAACP annual banquet.

Mrs. Sussman still has the time to be available to assist the senior citizens by doing errands and grocery shopping and by delivering the federal commodities to those who are handicapped and homebound. Finally Mrs. Sussman is retired from the ICI Powder Plant at Charlestown after having been hired as the first female Fire Fighter Guard.

First runner-up is Gladys Blankenbeker, sponsored by the Jeffersonville Optimist Club, and the second runner-up is Ruth Bledsoe, sponsored by the Indiana Green Thump Program.

Other ladies participating in the event were Madge LeDonne of Scottsburg, Marie Allen of Jeffersonville, and Marie Reasor of Clarksville.

FLORENCE SUSSMAN
Area 14 Senior Queen

Nursing homes Are Important Link

Nursing home care is an important link in the health care delivery system. Centers, such as Tendercare Nursing Center, provide both long term nursing care and short term rehabilitative convalescent care. We hope you remain healthy, but if you need the services offered at a nursing center, aren't you glad we're here?

Entering a nursing center does not mean an end to living. An environment such as the one offered at Tendercare can provide the opportunity to make new friends and develop new interests.

Tendercare residents remain active in community life. The Center participanted in Clarksville's Bicentennial Parade, even winning a trophy, and have been invited to join the Clark County 4-H Fair parade. The residents are looking forward to sponsoring a pet show for the Humane Society. People living at Tendercare are able to take advantage of the many opportunities locally offered for entertainment and learning, such as touring a business, picking fruits at orchards and going to the circus.

When not going out, Tendercare's residents invite the community to share in Center activities, such as the annual fireworks display 4th of July weekend. In June a Bazaar, featuring items made by the residents, a carousel, free blood pressure checks and free balloons for children, was held on Center grounds. Several times during the year there are special programs for family members.

The primary function of a health care facility is to provide quality health care. Tendercare's trained staff offers services to meet both the physical and emotional needs of residents. Nursing care is provided around the clock. A registered dietician plans menus and diets to meet individual needs. Physical and speech therapy are available upon your doctor's orders. Entertainment programs are coordinated by the Activity Director, and a social service worker can assist the new resident in learning about his new home.

All these services are offered in an atmosphere of gracious living. The living room is a place to entertain visitors. Attractive lounges with color televisions and meals are served on tablecloths, complete with china and crystal.

Tendercare Nursing Center has been serving this area since 1968. Licensed by the State of Indiana, the Center offers both skilled and intermediate nursing care, and is approved by the Medicare, Veterans and Medicaid programs. If you have questions about nursing center care, Tendercare's staff would available to talk with you. For information, call (812) 282-8406. The Center is located at 517 North Hallmark Drive in Clarksville.

AT TENDERCARE — Residents of Tendercare Nursing Home in Clarksville, relax after an afternoon of activities with a teen volunteer. Several members of the community volunteer at nursing homes.
(Photo Courtesy of Tendercare Nursing Home)

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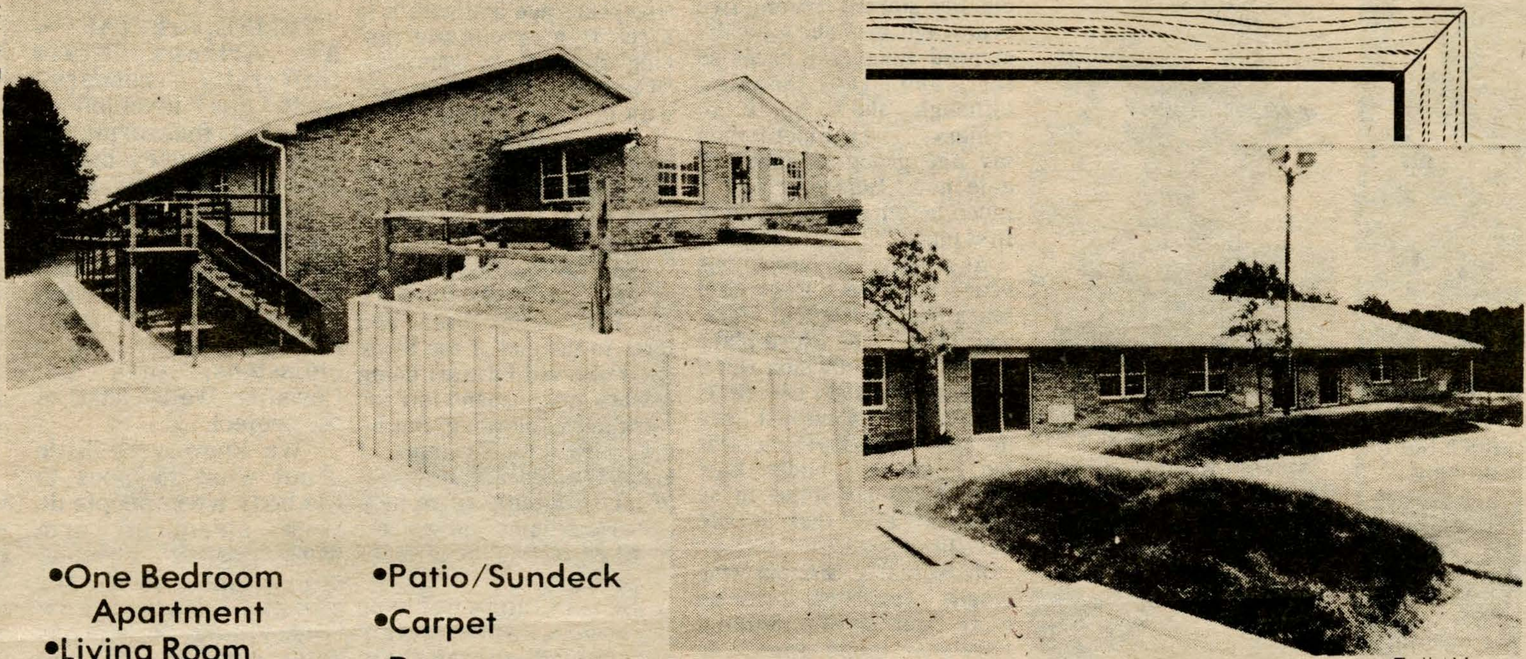

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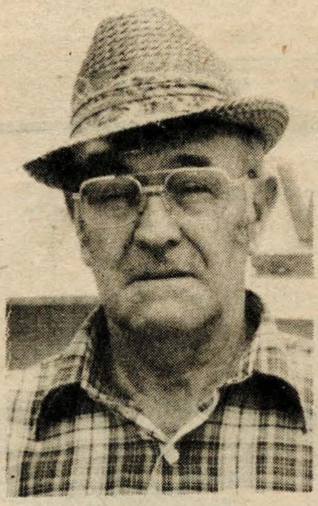
What's Your Opinion?

The Tribune's inquiring camera girl, Beverly Tully, recently asked the question, "What would you like to see the city do for senior citizens?"

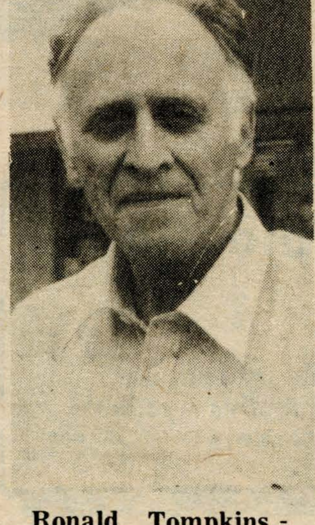
Don Hancock, Virginia Court, "Give them more recreation facilities, like places to fish."

George Nail, West Eighth Street, "I think they could make things cheaper for them. They should have more homes for the senior citizens."



Merle Brown, Pekin, "I thing there should be benches in all the stores for people to sit down."

Freda Connor,- Riverview Towers, "I'd like to see the sidewalks fixed so that people in wheel chairs can use them."



Ronald Tompkins,- New Albany, "I think senior citizens should have their own club."

In Her 60's, Woman Takes Up Jogging

NEW YORK (NEA) — "In every race, about the fourth or fifth mile, I say, 'What am I doing here?' I mean, here I am tearing down the street, looking like an idiot. Then another voice inside says, 'OK, come on now, you're in this, let's go.'

"But I haven't run my full potential yet. I'm always afraid if I run too hard, I won't make it, and I don't want to come in crawling. Still, I should really go all out at least once because when I'm through, I'm out of breath but not dropping. And when I come in second to someone who only beat me by a little, I think, I should have gone faster, why didn't I?"

That's Adrienne Salmini from Yonkers, N.Y., 5-foot-6, 125 pounds and 67 years old. She started running five years ago and she's hardly stopped since: 185 races so far, and 180 trophies, although she's quick to remark, "The competition in my age group is unbelievable now. Before, I had a much better chance to be in first place."

As a matter of fact, in this year's six-mile L'Eggs Mini Marathon in Central Park, she says, "The third-place winner in my division ran a lot faster than my best time, even if I had done it. I have no idea what my time was but I did very badly. Last year, I did six miles in 59 minutes and that would have been good."

An amiable woman who laughs often and looks no more than 50, Mrs. Salmini runs year round, mostly in local races sponsored by "little towns and newspapers, the Kiwanis Club and community centers. And I belong to the New York Masters for people 30 and over. They have all kinds of races indoors and out and I love it."

If you're at all surprised that she started all this at the age of 62, she herself was flabbergasted. "I never dreamed I'd take a step," she says, "although looking back to the dim ages when I was in high school in Swarthmore, Pa., I always liked running up and down in field hockey."

She didn't run, however, when she studied nursing at Temple University in Philadelphia and at the New York Hospital/Cornell School of Nursing. She didn't run during her three years as a visiting nurse with the Henry Street Visiting Nurse Service in New York. And she certainly didn't run after marrying, although as a young mother with two boys and two girls under the age of five, she ran around a lot. Mostly, she says, "I used to look out the window and watch my husband jogging around the house, to figure out when to put dinner on."

Then came Mother's Day five years ago and with it is a red jogging suit and running shoes from her sons. "They said, 'OK, Mom, get with it,'" Mrs. Salmini says. "I knew nothing about running — I tore down to the end of the street and had to walk back I was so out of breath.

"So I decided to do it every day and gradually work up. Five times back and forth to the end of the block is a mile, and I'd start doing it when my husband left for work in the morning. But by the third lap I'd think, I haven't made the beds yet and I'd be tempted to stop because I enjoy housework, so I had to find some other place to run."

The park turned out to be far enough away from her beds, but still, she says, "I'm more inclined to keep doing something if there's an incentive, so the boys signed me up for a race in Yonkers they were entering. It was six miles, past all the little shopkeepers I knew, and during the race an older woman I've never seen since started to pass me. It was 90 degrees. I was dying and I said to her, 'I'll be happy if I do three miles. In a million years I'll never be able to run six.' She said, 'Oh yes you will, don't kid yourself.' Well, I did do three miles, and that's when I decided racing was for me."

Four or five times a week — when she's not teaching Hawaiian dancing voluntarily at the Y or performing with her students at nursing homes, or sewing, painting, making quilts, ballroom dancing with her husband or making her beds — Mrs. Salmini runs four to six miles in the park, often in a purple jogging ensemble.

And while she runs, she says, "I pray. I say, 'Thank you, God, for giving me the strength in my legs to run' and 'Thank you, for this beautiful day,' and I think of friends who are sick and say, 'Please bless them.'"

To peers who have never run but may now be enticed to light out, Mrs. Salmini says, "Do it. There are so many rewards in running. If you're overweight, you'll lose, and if you smoke, you'll stop. More than that, you'll find so much companionship and fun. Everybody encourages everybody else. Also, running is cheap," she says. "All you need is a pair of shoes and you can walk out the door and do it."

Better make the beds first, though.

Wheelchair Device Measures Activity

TEMPE, Ariz. (AP) — An Arizona State University research team has invented a device for measuring the body's efficiency during exercise in a wheelchair.

The device, called an ergometer, measures the heart rate and how much oxygen the body is using, somewhat like measuring auto emissions, says Dr. Christine Wells, head of the project.

"We know very little about what happens to the body when people do very strenuous arm work," they physical education professor says, but now "everything that has been done for runners (through research) can be done for people in wheelchairs."

A motor on the rear of the wheelchair resists the person rolling the wheel to simulate slopes and makes turning the wheels harder. While the subject is pushing the wheels, a device measures the heart rate. At the same time air expelled from the body is collected in a rubber bag for later analysis.

"It will help show me which exercises are working," says Roger Kronberg, 30, An Arizona State student and member of a Phoenix wheelchair basketball team.

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Morganaire Seniors See California

In June the Morganaires Senior Citizens boarded the Evangel Tour's bus, driven by J. C. Ayers, and embarked on a 20-day trip to California and all points between. They stopped in St. Louis, toured the Arch and Museum.

Next stop was Tulsa, Okla, to tour Oral Roberts University and a 4,000 seat chapel. The group visited the Theatre and saw the Life of Oral Roberts, the Prayer tower and the movie "Journey of Life." They also visited the City of Faith.

At Oklahoma City they visited the Cowboy Museum, and saw pictures of famous cowboys and bronco busters, statue of Buffalo Bill and old time guns including the first automatic rifle. There were pictures of famous cowboy actors such as Roy Rogers Dale Evans, the Gunsmoke actors, and many more.

In Albuquerque, N. M. they visited the Old Town. Many artists reside sthere, and the shops and Galleries surrounding Old Town Plaza offer a variety of Arts and Crafts. They toured the San Felipe de Neri Church built in 1706, which is a mixture of Victorian and Pasic Adobe Architecture. They later stopped at the Continental Divide.

Next on tour were the Painted Desert and Pertified Forest. They drove on to the Meteor Crater and saw where the Meteor hit the earth causing a hole thre emiles in circumference, 4,100 feet in diameter and 570 feet deep. It was traveling at a speed estimated at 43,000 miles per hour.

The next day began with sight-seeing at the Grand Canyon. They were on the North rim and the Gorge and Rock Formations were beyond imagination. After spending three hours, they had lunch and headed for Hoover Dam. The group boarded bus after spending 45 minutes at the Dam and continued onto Las Vegas for the next two nights. They toured Las Vegas after dark and a few stayed to see some shows.

On the journey to Los Angeles, the group stopped for an hour at Roy Rogers' Museum. They were disappointed, not by the museum, but had missed Roy Rogers by 15 minutes. They saw all types of guns and all things pertaining to the old West.

AT Universal Studio a four hour tour was enjoyed.

That evening a guide on bus gave a complete tour of Los Angeles. They visited Hollywood and Vine Street, Movie Stars' homes, Chinese Theatre and saw actors' names and footprints in concrete.

On the way to San Francisco they crossed the Mountains, and later passed through San Joaquin Valley where their vegetables, and fruits such as plums, apples, grapes and many more are fully irrigated. They also visited Fisherman's Wharf.

A boat ride under the Golden Gate Bridge included seeing Alcutraz and other points of interest. They later boarded a tram and toured San Francisco including Chinatown, and Japantown.

The Redwoods Forest was next where the group saw redwood trees 57 feet in diameter and over 300 feet tall. After visiting the redwoods for an hour they toured a large winery where they make champagne and wine. They bottled about 4,000 bottles per eight-hour day. They also gave the group a sample of their champagne and win.

Next stop was Lake Tahoe for a brief visit before continuing on to Reno for the night. After having evening meal some played the machines and a few came out ahead.

They left Reno for Salt Lake City, passing through mountains, the Great Salt Desert and seeing Salt Lake. The lake is the secbnd Saltiest in the world. It is 72 miles long and 30 miles wide, but only 10-28 feet deep. It is six times saltier than the Ocean.

A tour of the Mormon Tabernacle followed. The group heard a recording of the Mormon Choir. After the tour, they drove to Yellow Stone Park. The drive was beautiful through the Canyon and high mountains capped with now. They saw Old Faithful erup twice as the Motel was very close.

The way down to Jackson Hole, they stopped several times for the group to take pictures of snow capped mountains and have snow ball fights along the road. They also saw several elk and moose. The group took a three hour raft ride on Snake River. Jackson Hole is a town patterned off the old West. The buildings are built same as Frontier days with board walks, saloons and stores with wooden porches on the fronts. The saloon has 2,400 silver dollars inlaid in the bar and saddles for stools. In the evening they had an old time shoot-out hin the town square as of olden days.

They left Jackson Hole on the way to Laramie, Wyo. passing through the Rocky Mountain range.

In Denver, they visited the Botanical Gardens of 22 acres. There were flowers and plants from all parts of the world. The tomb of William F. Cody, known as Buffalo Bill was also visited. The scenery was beautiful from the top of the mountain. One could see miles around Denver. They also visited the Buffalo Bill Museum and saw many buffalo, stagecoaches, guns, saddles, harnesses and also many pictures pertaining to the life of Buffalo Bill. They later visited the U. S. Mint and watched them stamp out coins.

Colorado Springs included a visit to the U. S. Air Force Academy. They took the cable car up to 10,000 feet on Pikes Peak Mountain, and saw many miles from a look-out across the valley. They then drove on to the Flying W. Ranch where they had supper cowboy style and later entertainment by cowboys with western style music and singing.

The group spent the night in Kansas City before returning home.

The Morganaires have several more trips planned such as Movia Scotia and New Foundland, the Ozarks, Fall Folliage in New England, and several trips to Our Lady of Snow. Several one day trips, too.

Anyone interested please contact Bud Hercamp at 812-364-6925.

IN SAN FRANCISCO — Bud Hercamp, left, and J.C. Ayres, pose along the Golden Gate Bridge in San Francisco, Calif., on their recent trip to California sponsored by the MOrganaire Senior Citizens of Palmyra. The group toured the state and several other points of interest along the way.
(Photo Courtesy of Morganaire Seniors)

Retires From Volleyball At Age 74

OMAHA, Neb. (AP) — It has come to Marguerite Goodman as it must to all athletes. Time to quit. To hang up the old shoes.

"It breaks my heart," said Mrs. Goodman, who - at 74 - is saying "goodbye to all the volleyball players that I have had fun with for 34 years."

Don't blame age alone, though. Mrs. Goodman figures, she has lost a step or two - well, maybe more - and the reflexes aren't what they were when she was, say, 60.

Nor was it just the chorus of friends' voices that kept telling her to sit down, take it easy, do what 74-year-old grandmothers are supposed to do.

It is true, she said, that the man at the optical store told her he didn't think her glasses - knocked off, stepped on and twisted out of shape over the years by collisions on the court - could be repaired any more. But that didn't sideline her either.

What finally knocked her off the court, Mrs. Goodman said, was the dreaded rotator cuff injury, a shoulder ailment that has ended more than one major league pitching career.

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Back row: Gaynor Daly, physical therapist; Danny Fox, acting director; Jan Shields, housekeeping and laundry; James Edinger, maintenance.
Front row: Anna Loweth, social services; Mary L. Tindle, administrator; LaDonna Willis, business manager/secretary; Marily Riddle, food supervisor; Sharon Randolph, director of nursing, not present.

Mary L. Tindle, Danny Fox, Jan Shields

**326 COUNTRY CLUB DR.
NEW ALBANY**

948-1311

81

The Tribune, New Albany, Ind., Tues., Aug. 2, 1983

OPINION

The Tribune
Established March 1, 1851
Published Daily Except Sat.
J. ROBERT STATHAS
General Manager

A Story We Like To Be Able To Relate

The mark of a concerned community is one that recognizes a problemand responds to it without hesitation. That hallmark was illustrated here beginning late last week when some concerned agencies and individuals moved to do something about the loophole that left no recourse for needy and elderly persons suffering from the heatwave.

In a day when agencies are in charge of providing for almost any disease, want or, shortcoming that can nearly be imagined, the community suddenly found that there was no provision for providing help to needy persons suffering from the excessive heat.

Nowadays when air-conditioned business places are the norm, as are most homes, it comes as a surprise to many people that the comfort they have long taken for granted is not a universal experience. Few realized the discomfort of needy persons and the elderly trying to get through a day in a home heated to ovenlike intensity by solar radiation, and the sleepless nights in a home where the air sets leaden and hot.

As the days stretched onward in a succession of mid-90 degree readings, some began to become concerned for the suffering that was occurring unseen in less-fortunate neighbors. Like many ideas, the impetus to do something about it seems to spring from many parallel sources.

The Floyd County Community Action Agency, whose mission it is to deal with the problems of the needy, began a "fan bank" for persons wishing to donate old air conditioners or fans for distribution to those who needed help. It also began handling checks from persons wishing to give so appliances could be purchased.

The South Central Indiana Council for the Aging and Aged, which also saw its charges being hard pressed by the heat wave, did likewise. So did the office of Township Trustee Larry Byrd, which deals with the less-fortunate of the community.

But some anonymous individuals and local firms, such as the Mutual Trust Bank, also volunteered to help those feeling the worst burdens of the prolonged heat.

By the end of the week, the first air conditioners were being distributed to persons in the community who needed them. It was just another sign of the concerned people who are willing to take some action when a need becomes evident.

It was the kind of story we like to be able to relate.

The Corydon, In., HARRISON COUNTY PRESS, Wednesday, August 3, 1983

Seniors plan competition in third annual Olympics

The third "Senior Olympics" special event for men and women," 55 years of age or older living in Clark, Floyd, Scott and Harrison Counties will be held September 15, 16 and 17, 1983.

The "Hobby Show" to be held at Greentree Mall has proved to be one of the main attractions. Entries include: Arts, stitchery, crafts, ceramics, calligraphy and collections (rare and antiques). Call Janet Meyer, chairperson of this event, at 948-8330.

Wooded View Golf Course in Clarksville will host the annual golf tournament. Starting time is 8:00 a.m. and ending time is 2:00 p.m., September 15.

Bowling will be held at the Blackiston Bowl on September 16, from 1:00 p.m. to 3:00 p.m. For information on both bowling and golf, contact Bill Slusser, 944-2485.

Cindy Andres is chairperson for the euchre tournament located at the Ekin Avenue Recreation Center. The tournament is scheduled for 9:00 a.m. to 3:00 p.m. on September 17, 1983. Call 948-5340 for additional information.

The "Fishing Rodeo" will be held at Bill's Lakes September 17, 1983, from 8:00 a.m. until noon. Prizes will be given for the biggest fish and most fish caught during the time limit. Angie Cook, chairperson, can be reached at 948-8873.

Pitching horseshoes at Community Park will be held Saturday, September 17, with Mr. Hightower in charge. Call 948-1594 for more information and registration forms.

First, second and third-place winners will receive medals, except the hobby show contestants. Ribbons are awarded for the different categories in the hobby show.

All first-place winners in all events will be honored at a luncheon at the meal site in their county. The dates are to be announced later.

The "Senior Olympics" is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

For further information, call Bill Slusser, chairman, 944-2485, or Wanda Whitaker, co-chairman, 944-8330. +

Third Senior Olympics Special Event

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THE BANNER-GAZETTE, Wednesday, August 3, 1983

Council for the Aging plans third annual Senior Olympics

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The Senior Olympics is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

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THURSDAY, AUGUST 25, 1983

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Fans Available For Elderly As Heat Hangs On

As the oppressive heat wave continues to plague the area, the South Central Indiana Council for the Aging & Aged, Inc., has a limited number of fans available for the elderly.

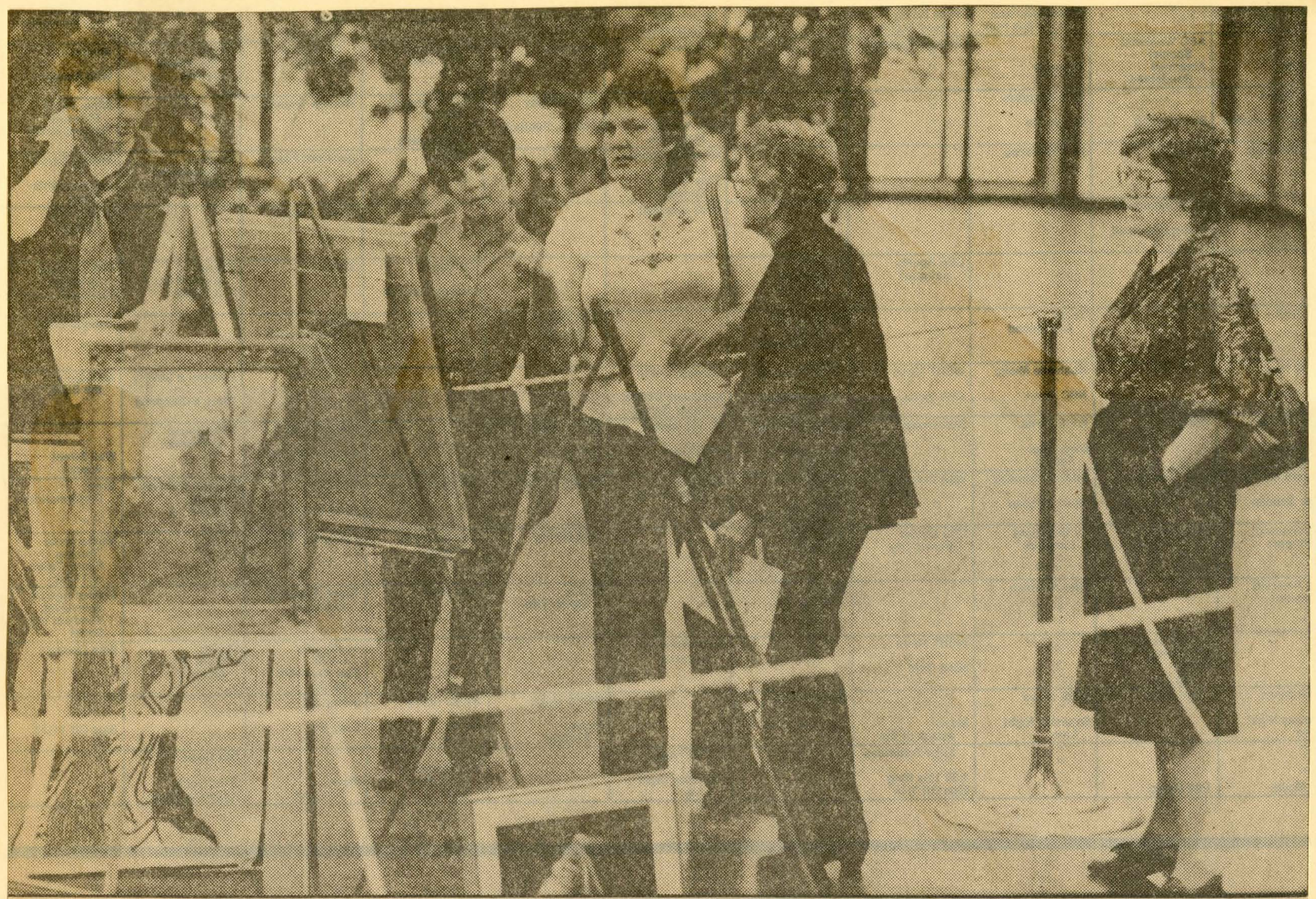
Priority will be given to those with health problems, a council spokeswoman said.

People 60 years of age or older can qualify for the fans which are on loan and are to be returned at the end of the summer.

Also due to the high temperatures, the council has received several requests for air conditioners from elderly persons with chronic medical problems. Donations of money for air conditioners can be made at the Mutual Trust Bank, ACA Account.

Used air conditioners (110 volts) in good operating condition are being accepted by the council, the spokeswoman said. Inquiries should be directed to the council office, (948-0147).

The Courier-Journal, Saturday morning, September 17, 1983



Staff Photo by Jay Mather

Olympian talent

Crafts entered by senior citizens were judged yesterday at Greentree Mall in Clarksville as part of the Senior Olympics, sponsored by the South Central Council for the Aging and Aged. The judges were, left to right, Janet Meyer, Jean Barnett, Connie Fry, Roena Preston and Kathryn Brennan. The competition included calligraphy, stitchery, collections and ceramics.

Page 16, The Tribune, New Albany, In., Thurs., Sept. 1, 1983

OLDER HOOSIER OF THE YEAR — Ruth Bledsoe, second from right, was selected as the Older Hoosier of the Year for area 14. This is the highest honor bestowed on a senior citizen and recognizes a lifetime of service to the community. Presenting the award to Bledsoe are from left: Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged Inc., Ed Wheat, president of area 14 advisory council and Nancy Shiner, right, program developer.

(Tribune Photo by Don Beck)

The Tribune, New Albany, In., Wed., Aug. 31, 1983

Senior Olympics Will Be Held Sept. 15-16-17

By BEVERLY TULLY

Senior citizens, it is time for you to get into shape for the senior olympics on Sept. 15, 16, and 17. Today is the last day to sign up for the olympics.

The South Central Indiana Council for the Aging and Aged, Inc., is sponsoring the olympics and it is open to persons 55 years of age or older as of Dec. 31. Persons will participate in one age category except when designated.

To be eligible to enter any of the events a participant must fill out a registration form and a standard release form which can be picked up at 134 E. Main St.

In the event of less than three participants in any event, the contestant may choose to compete in a lower (alternate) age group but will not be eligible for medal consideration at the alternate age level. A person may compete in his age group and will receive medal within his correct age category. To be eligible for a medal consideration a participant must compete within his age level or at an alternate level, and must complete the event.

In the event of a protest, the participant must submit his or her grievance in writing to the Senior Olympic office within 48 hours of the event. Any participant arguing with an official will be immediately disqualified fromthe entire Senior Olympics.

Awards will be given to the first, second and third place finalists in each event.

The events include horseshoes, bowling, euchre, fishing (most fish), fishing (biggest), golf (nine holes) and a hobby show. Also included are the following: arts division, stitchery division, crafts division, ceramics division, calligraphy and a collections division (12 items). It can include rare or antique items.

If not interested in being a participant, you may enjoy watching the Senior Olympics. Here is a list of the events, time and places.

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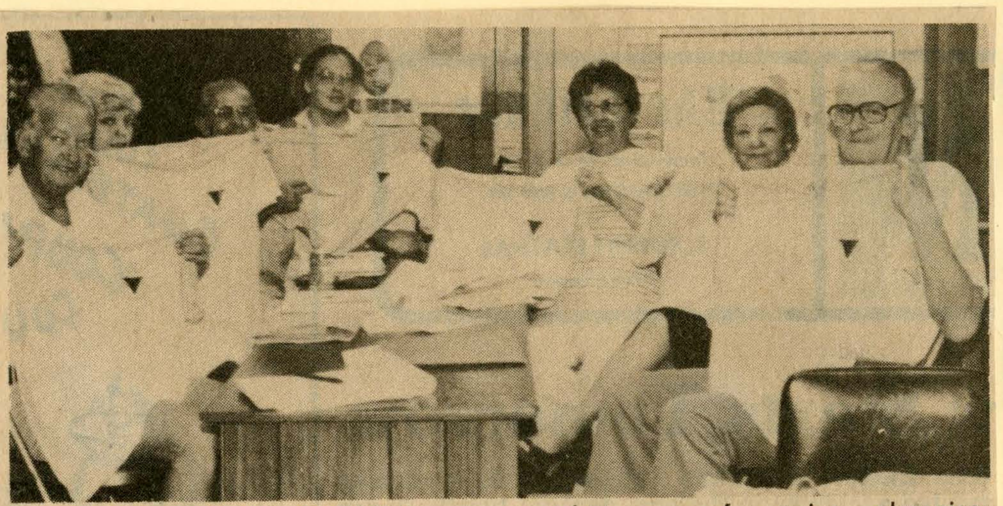
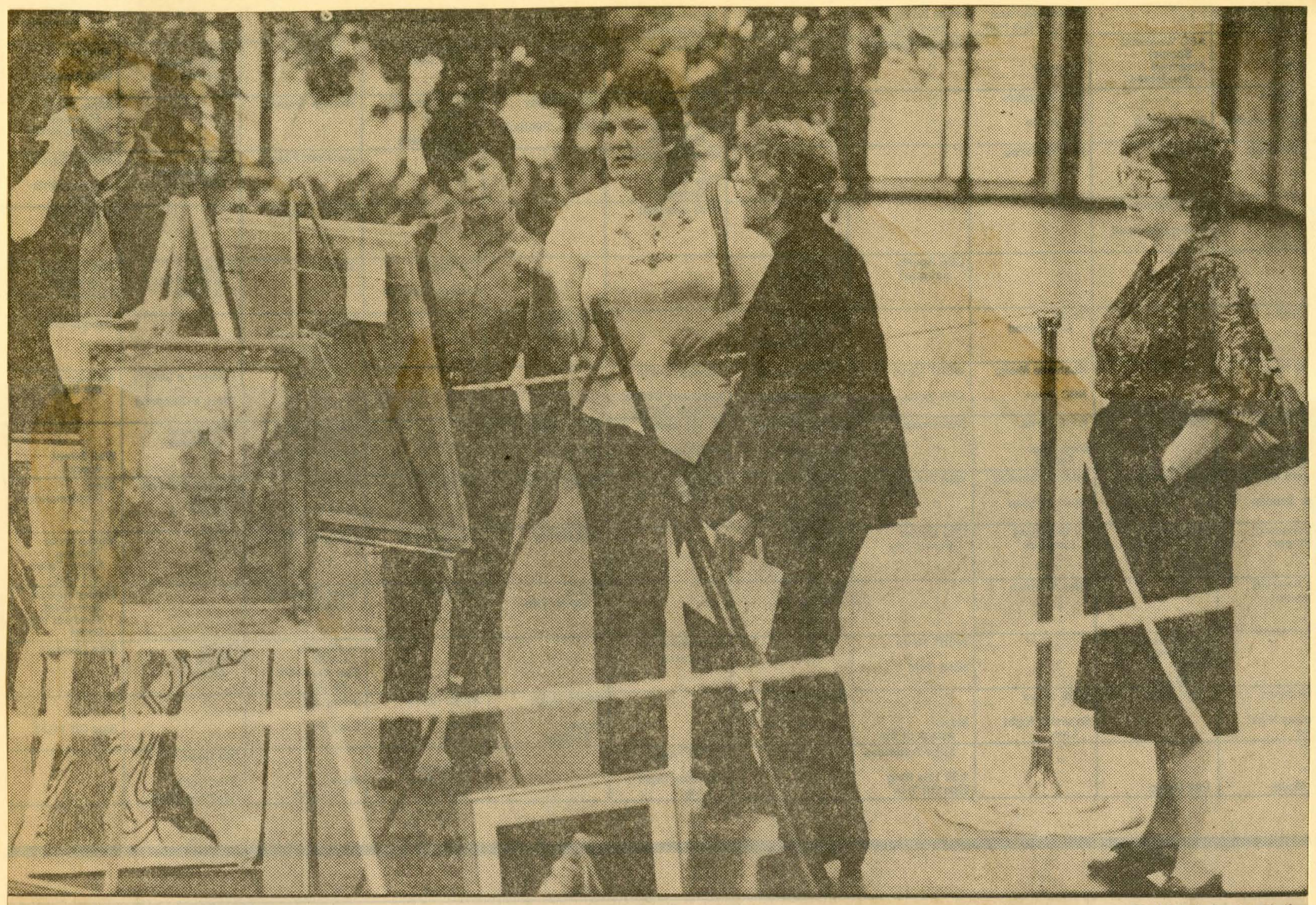


PLANNING SENIOR OLYMPICS — Making plans for the Senior Olympics are from left, George Hightower, who is in charge of the horseshoe tournament; Angie Cook, fishing tournament; Jack Oberhausen, golf; Janet Meyer, hobby show; Wanda Whitaker, co-chairman of senior olympics; Thelma Bertrand, executive director of the Council for the Aging, and Bill Slusser, chairman of the senior olympics. Cindy Anders, not pictured, is in charge of the enchre tournament.

(Tribune Photo by Beverly Tully)

MAY 1

The Courier-Journal, Saturday morning, September 17, 1983



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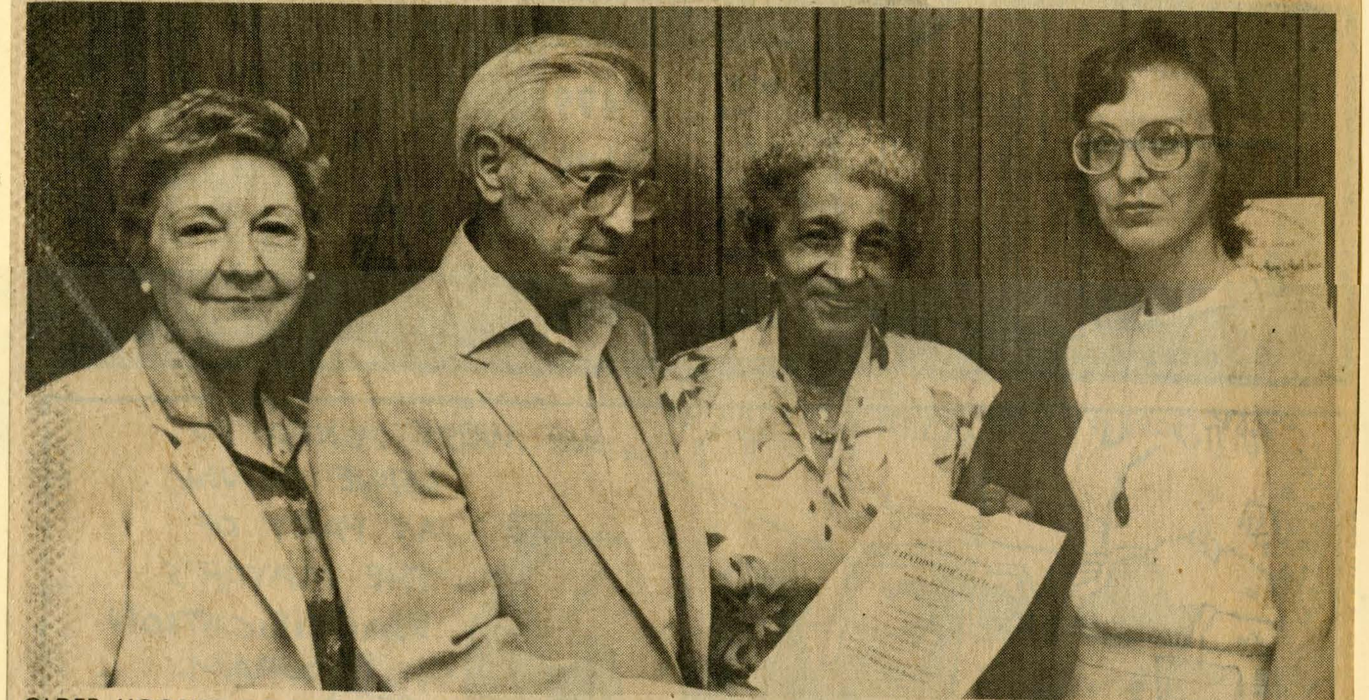

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End of May 1983

Dear Friends

On your day this little note
Comes warmly to express,
The friendly way
you're always wished
The best of Happiness!

Thank you for all you both have done for me —

Most sincerely

Erna M. Allrod

See you on the 11th June

I will be ready to be picked up after 1 P.M.

The Courier-Journal, Monday morning, September 12, 1983

Thanks to volunteers, the hungry are fed

Katherine Kirwan

Courier-Journal columnist

Five mornings a week hundreds of volunteers in the Louisville area set out on their rounds, picking up hot, nutritious meals at distribution sites and delivering them to homebound elderly people.

They are part of the Nutrition Program for Senior Citizens. Probably few consider themselves links in a network that stretches across the state and nation. Their major concern is helping these older people maintain their independence. The volunteers are helping the elderly remain in their own homes.

LaVerne Boens, a Louisville volunteer, explained it succinctly, "This program is an absolute necessity. I don't know what some of my people would do without it. Why do I volunteer? I say, 'There but for the grace of God go I.' That's my answer."

About 1,000 people in Jefferson County receive meals each day, according to Joe Spalding, project director of the nutrition program in Jefferson, Oldham, Bullitt, Spencer, Shelby, Trimble and Henry counties. Last year, 160,000 meals were delivered in these counties. Caterers are under contract to prepare the food.

Local agencies, such as churches, nursing homes, senior centers and hospitals, serve as distribution sites. They also supervise the program in their neighborhoods, and have given other names to the project, such as Meals on Wheels and Mobile Meals..

The Indiana Council on Aging administers the project in Clark, Harrison, Floyd and Scott counties in Southern Indiana. About 500 meals are delivered there daily.

The nutrition project receives most of its funds from the federal government. The cost of the service is based on a sliding-fee scale, according to the recipient's ability to pay.

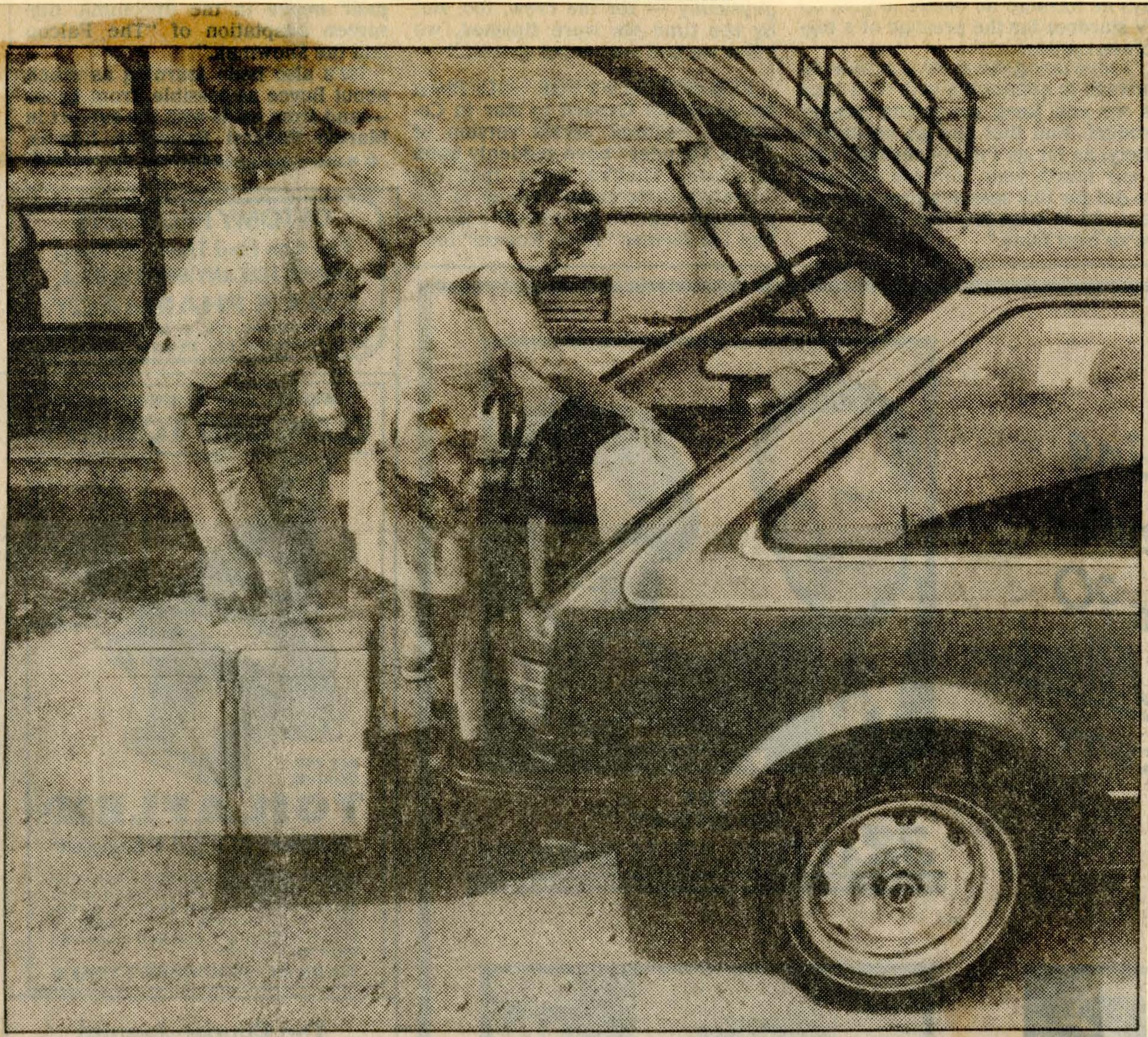
The project does more than provide the elderly with meals. No one understands this better than George Esselmann, who delivers meals from the Bethel United Church of Christ in St. Matthews.

Recently Esselmann received no answer when he knocked at the door of a 93-year-old woman. After repeated knocks and a visit to neighbors he remembered a hidden key, entered the house and found her collapsed in the hall.

He immediately reported the incident to Senior Citizens East and called the Emergency Medical Services. She was taken to a hospital, where it was learned she had broken her hip. The woman could have lain on the floor for hours since her son was out of town and she couldn't get to the telephone.

"I'm always scared when they don't open the door," said Uta Cobb McDonald, who has been delivering meals for six years for the United Crescent Hill Ministries. "You get to love these people, and you worry about them."

The meals-delivery program has enormous social value. Volunteers try to spend time in conversation. The delivery may be the only human contact of the day for the homebound. A little sympathy expressed about aching joints or failing eyesight helps a lot. And a gentle reminder "to take your medicine" shows that someone cares about their well-being.



Staff Photo by Bill Kight

Elise and Joe Zehnder load their cars with containers that carry about 10 meals in foil trays. They are among the hundreds of volunteers who carry meals to shut-ins.

Volunteer Alice Watson of Louisville pays special attention to the elderly people on her route. Often on weekends she takes chicken soup to someone who has developed a cold. When a recipient goes to the hospital or to a nursing home, she sends cards and pays visits. This past month she took one of the men to the Kentucky State Fair in a wheelchair.

Bruce Hirschler, coordinator of the Highlands Outreach program, knows of one volunteer who alters dresses for one person on her route. Sometimes she repairs and launders clothing. Another goes regularly one day a week to take a very old woman for a short walk in her neighborhood.

Angela Cook, nutrition director of the Indiana Council on Aging, remembers the 68-year-old woman in Southern Indiana who was heartbroken over the death of her dog. A volunteer took her a puppy.

Kay and Lee Orr make tray favors for holidays. Once the patterns are made, a group at Senior Citizens East makes enough for all the trays on the routes.

Christmas is a time for small gifts, fruits and candy. Genevieve Sibley makes dozens of cookies and packages them for her husband, Bill, to distribute on his regular route in Louisville. Mrs. Boens makes birthday cakes, and Bobbi Moore last year invited one of her recipients to have Christmas dinner at her Louisville home.

Then there are the many special kinds of help such as mailing letters, running to a grocery store for a quart of milk, making a pot of coffee and returning library books.

Susan Gibson of Louisville can't thank the volunteers enough for the kind things done for her. They open orange-juice and other containers because "my hands don't work so well anymore," they water her flowers, bring in magazines and sweep her patio. "I just thank God for their help," she said.

As Mrs. Boens said, "Most of us start out just delivering meals but we get involved in their lives. You learn to love these people. Sometimes the best gift of all is to give someone a hug and say 'I love you.' Those three words do a lot of good."

In addition to the home delivery, hot, balanced meals are served each weekday at nutrition sites in churches and senior centers. There are 31 of these in Jefferson County.

The Tribune, New Albany, Ind., Tues., Sept. 27, 1983

SENIOR OLYMPIC WINNERS — These ladies were all winners in the Senior Olympics that were held Sept. 15, 16, and 17. From left are; Mary Hinkebein, euchre winner; Sister Mary Joan Kirchner with her crewel embroidery; Louisa Coombs with her flowers made from sea shells; Flora Foust with her quilt; Louise Matthews with her stuffed ducks and Josephine Barron with her quilt. There were ten entries in the hobby show and the gold medal was awarded to Louise Matthews. Receiving silver medals were Flora Foust, Bertha Zipp and Louisa Coombs. Receiving the two bronze medals were Sister Mary Joan Kirchner and Josephine Barron. There were three that played euchre. Flora Foust received the gold medal and Mary Hinkebein the silver medal. (Tribune Photo by Beverly Tully)

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Senior citizens were entertained at the regular monthly luncheon at Ken Ellis Center. Featured was a demonstration on flower arranging conducted by Lana Aebersold. She is pictured above at right with Mae Warren displaying various floral arrangements.

'THE NEWS'.

THURSDAY, SEPTEMBER 22, 1983 — AUSTIN, INDIANA 47102

Center Needs Help

Members of the board of directors of the Silver Creek Civic Center located across from the Louisville Cement plant on Highway 31, Speed, Indiana is conducting a house to house fund raising drive until Oct. 14th in an effort to keep the civic center open and pay for the utility bills.

The community building, where the activities of the Silver Creek Civic Center are held was built in 1919 by the Louisville Cement Plant as a meeting place for its workers and the adjoining building was added the following year. The building next to the Civic Center is now a grocery store for people living in the area and plant workers. However, it was originally built as a gymnasium to be used by plant workers for their recreation. In 1937 it was used to house flood victims from Jeffersonville and during World War II troop trains often stopped there to give the soldiers a rest. According to a resident of Speed at one time almost all of the houses in the town were built and owned by the cement plant for its workers. Most of the people who lived in Speed worked at the plant and lived in plant owned houses. It was in affect a company town. In fact at one time the community building contained the post office, a barber shop, a grocery store and a small area for playing basketball. Today only the grocery store remains.

The Silver Creek Civic Center now provides a variety of services for residents of the Sellersburg/Speed area. Every third Wednesday of each month a free blood pressure screening is provided by Stewart's Ambulance Service. It was conducted at 1 p.m. and is for all ages. Also, Monday through Friday at 12 noon meals are catered by Servomation. All persons over the age of 60 are welcome. Reservations must be made in advance and the cost is based on your ability to pay. Volunteers deliver at least 20 meals a day to shut-ins, most of whom have been life long residents, who contributed to the community while they had their health. The meals are sponsored by the South Central Indiana, Council for the Aged and the Aging, Inc.

There is also a distribution center for non-perishable food, which is sponsored by the Speed Memorial Community Church. The food pantry is open on Mondays and Fridays from 10 a.m. until 2 p.m., to meet the needs of low income families.

According to one of the volunteers workers at the center, as many as 95 families have been given food from the pantry during a one month period. Canned goods and generic products are used in the pantry. When eggs, breads, and liquid milk (for children) are needed a request slip is given to be used at the Speed Grocery Store and is paid from the Civic Center's treasury. Food donations can be dropped off at the Center between the hours of 9 a.m. and 2 p.m.

The civic center is currently being leased by the Cement Plant for $1 per year. However, the building has no insulation and is quite expensive to heat in the winter. It has a pool table in one room, a kitchen in another room and the room where the meals are served is very spacious with a large fire place. The Center is available for a meeting place for civic organizations and church sponsored functions. Reservations in advance are required. There is no charge but donations are appreciated.

It is hoped by the board of directors of the center and its many friends and users that enough donations will be made to pay for the bills of the next year. Anyone wishing to make a donation ccan contact the Board of Directors' President, Reverand Fred Reed at 246-3262 or the Center's co-ordinator, Joan Crider at 246-9414 or 246-3227.

Ledger-Tribune, New Albany, In., Sun., Oct. 2, 1983

Senior Citizens Plan Crafts And Two Trips

Crafts and two trips are special events planned in October at the Ken Ellis Senior Citizen Center, 211 Martin Circle, Jeffersonville.

Crafts are made at the center five days a week. Crafts for this month include candlewicking, crochet, sewing, soft sculpture, ornaments and trick or treat decorations. They are getting ready for their fall bazaar Friday, Nov. 4, where a turkey dinner will also be served.

Travels for the Ken Ellis Senior Citizen Center will be to the Huber Orchard, Floyds Knobs, and to the Cherry House, LaGrange, Ky., Tuesday, Oct. 11.

Thursday, Oct. 13 will be a kitchen shower to help replenish their kitchen. Bingo and refreshments will also be provided.

The monthly dinner will be Thursday, Oct. 20. William Baity from Baity's Funeral Home will speak at 10:30. Gil Daugherty from W.X.V.W. will give a program on "Music of Your Life" at 11. Public Service will then give a talk at 1 on conserving energy. Songs, games and free blood pressure check will also take place. Bring a dish and come join the fun.

Monday, Oct. 21, they will have the annual Halloween Party at 1 p.m. Fun, games and refreshments will be offered. A prize will be given for the best costume.

Persons 60 or older are invited to enjoy the activities at the center. For more information call 283-7356. The senior center is sponsored by the South Central Indiana Council of Aged and Aging.

The Tribune, New Albany, Ind., Wed., Oct. 26, 1983

Senior Citizens Plan Shopping Trip, Crafts

Crafts and a trip to Oxmoor Shopping Center in Louisville are special events planned in November at the Ken Ellis Senior Citizen Center, 211 Martin Circle, Jeffersonville.

The trip to Oxmoor will be Nov. 1. Seniors will leave the Ken Ellis Center at 9:30 a.m. and return at 2 p.m. Anyone interested in going on the trip should call 283-7356.

Crafts are made at the center five days a week. Crafts for the month include painting, pine cone turkeys, calico flower pots, sno-boy soft sculpture and Christmas ornaments.

On Nov. 4 from 10 a.m. to 2 p.m. there will be a turkey dinner and fall bazaar at the center. Everyone is welcome. Turkey dinner and all the trimmings will cost $2.50 from 11 a.m. to 1 p.m.

The monthly dinner will be Nov. 17. William Baity from Baity's Funeral Home will speak at 10:30 a.m., Jerry Zebendon of Indiana Bell Telephone Co. will talk on changes in the telephone system at 11 a.m. and at 1 p.m. Hobart Beach Post Veterans of Foreign Wars will present an Americanism program.

Persons 60 or older are invited to join the activities at the center. For more information call Sue Johnson at 283-7356. The senior center is sponsored by the South Central Indiana Council for the Aging and Aged.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Seminars To Help Elderly

Clarksville officials are working with the Clark County Council for the Aging and Aged to present a series of five mini-seminars on crime prevention and self-defense.

Representatives from the Clarksville Police Department, Clarksville Fire Department, A-1 Lock & Key and the Clarksville Karate Club will offer a series of seminars aimed specifically at the elderly.

All of the seminars, except for ones October 12-13, will be at meal sites for the elderly.

Seminars are scheduled as follows:

Today at Farrington Apartments, and Thursday at Yellow Wood Terrace, noon, self-defense with instructor Bill Slaughter.

October 12-13, 2 p.m. Colgate Gymnasium (Clarksville Town Hall), home security measures with instructors from the Clarksville Police Department and Art Frost of A-1 Lock & Key.

October 24 at Farrington Apartments, and October 25 at Yellow Wood Terrace, noon, fire safety with instructors from the Clarksville Fire Department.

November 3 at Farrington Apartments, and November 4 at Yellow Wood Terrace, noon, firearms safety with instructors from the Clarksville Police Department.

November 9 at Farrington Apartments, and November 10 at Yellow Wood Terrace, noon, basic first aid with instructors from the Clarksville Police and Fire Departments.

The classes are free, but persons planning to eat lunch at the sites should make reservations 24 hours in advance.

PRIME TIMES

Volume 6, Number 3

Winter 1983

Floyd County, Ind. ...RSVP is co-sponsoring a special program with the slogan: "Love is ageless: visit a nursing home resident," by matching trained volunteers with residents of nursing and retirement homes. Statistics indicate that almost 75 percent of all nursing home residents receive no visitors. The "Friendly Companion" program, as it is called, considers itself unique in that it stresses matching volunteers and residents who will be compatible. Compatibility is determined by carefully examining both persons' life histories. So far, 25 matches have been made, with 40 more projected by the end of this year.

Wednesday, Nov. 2, 1983, THE CORYDON DEMOCRAT, Corydon, Ind.

Countians honored at RSVP luncheon

Several Corydon area residents were among those honored at the 10th anniversary luncheon of the Retired Senior Volunteer Program held last Friday at Tommy Lancaster's in New Albany.

Each of the 250 guests were presented with a flower and a button inscribed "Volunteers are Worth Their Weight in Gold," the luncheon's theme. Honored with a gift were Elva Sanders and Minnie Schuppert, 10 year members; Margaret Byerly, 2000 hours of service; Sam Byerly and Thelma Turner, 1500 hours each; and Wilhelmina Turley, 1000 hours. Hilda Warrenburg won a door prize.

Terri Mullineaux, RSVP director, said if the 13,000 hours of service given by the senior volunteers in the last quarter were valued at minimum wage, it would amount to $44,000.

Featured speakers were Bob Maze, the first RSVP director and current field representative of the Indiana Commission on Aging and Human Resources; Mayor Bob Real of New Albany and Thelma Bertrand, executive director of the South Central Indiana Council on Aging which sponsors RSVP.

Other honored guests were Mayor Richard Vissing of Jeffersonville, Max Mason, president of the board of the Council on Aging, and the RSVP advisory council. Representing Harrison County on the RSVP advisory council are Laura Leffler, Margie Loudon and Dallas Wright.

THE BANNER-GAZETTE, Wednesday, December 28, 1983

Bertrand retires from Council

Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged, Inc., will be retiring at the end of December. Replacing her will be Patricia Jewell, deputy director and fiscal officer.

Wanda Whitaker, executive secretary, is also retiring in December. She has been with the agency for nine years.

The Tribune, New Albany, Ind., Tues., Oct. 25, 1983

BRING IN THE STYLES — One of the highlights of the 10th birthday celebration of the South Central Indiana Council for the Aging and Aged Inc. was a style show. Various members of the council modeled some of the latest fashions for senior citizens. Here some of the models move about into the audience. The celebration was held at the Knights of Columbus Hall last Friday before a capacity crowd.

1984

Evening News

Jeff Senior Citizens Plan Valentine Party

A Valentine party will highlight this month's activities at the Ken Ellis Senior Citizens Center, 211 Martin Circle, Jeffersonville.

On Valentine's Day there will be crafts from 10 to 11:30 a.m., a nutrition meal at 11:30 a.m. and a Valentine party at 1 p.m. with entertainment by Faye Davis and George Wolverton. Meal reservations must be turned in by noon Feb. 13.

The monthly dinner will be Feb. 16. There will be entertainment by the Melody Makers of Senior House West at 11 a.m. A bean soup dinner is planned at 11:30 a.m. and persons attending should bring a salad or dessert. Jeffersonville Mayor Dale Orem will be a guest.

New Albany's Hoosier Entertainers will play music beginning at 1 p.m. and there will be a blood pressure check at 2 p.m.

On Feb. 24 there will be movies and popcorn at 1 p.m.

Crafts are made at the center weekdays from 10 a.m. to 2:30 p.m. Crafts for this month include painting, needlework, Valentine crafts, beeswax candles and tin punch.

Persons 60 and older are invited to join the activities at the center. The center is sponsored by the South Central Indiana Council for the Aged and Aging. For more information, call Sue Johnson at 283-7356.

Evening News 2-22-84

A program for senior citizens was held at the Ken Ellis Senior Opportunity Center with Mayor Dale Orem, center, serving as guest speaker. Pictured with Mayor Orem are Vickie Medlock, left, Title 20 coordinator and Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged.

T, Corydon, Ind., Wednesday, Jan. 4, 1984

Cheese test results due Thursday

Harrison County health officials pect results by Thursday from a state dy of cheese distributed Dec. 8 by Harrison County Community Ser- es.

The health department sent samples the federal surplus cheese to the State Board of Health when a few people contracted food poisoning after eating some of the cheese.

Sanitarian John Etling said the local health department investigated the cases last week while it waited for the results of the tests. Etling and Dr. David Dukes of Corydon interviewed victims of food poisoning.

"We gathered information from them about what they ate up to two days prior to when they ate the cheese," Etling said.

Health department sanitarian Richard Schroeder said last week that cheese distributed in the county was "suspect" and could cause mild food poisoning. Persons having any of the cheese left shouldn't eat it until the results of tests are known, he warned.

Page 14, Ledger-Tribune, New Albany, In., Sun., Feb. 26, 1984

Looking For Delegates To Represent Seniors

Applications are now being taken for a Legislative Representative to represent the South Central Indiana Council for the Aging and Aged, Inc. in each of the following counties -- Clark, Floyd, Harrison and Scott.

The delegate will attend the Older Hoosiers Assembly in September, Governors Conference in October and other special meetings occurring during the year. Expenses for travel will be paid by the Agency, based on funding.

To qualify, the representative must be 60 years of age or older, have his/her own transportation and have an interest in legislation.

This is an exciting opportunity for a civic minded individual who would like to be involved in the legislative process.

For further information call Thelma Bertrand or Nancy Shiner, 948-8330.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

TUESDAY, NOVEMBER 1, 1983

The South Central Indiana Council for the Aging and Aged, Inc. celebrated its 10th anniversary of service to senior citizens in Clark, Floyd, Harrison and Scott Counties during a special program held at the Knights of Columbus Hall, New Albany. Pictured from left are Thelma Bertrand, executive director; Nancy Shiner, program director; Frank Elsen, hospital representative for Pfizer Laboratories; Dr. Dorman A. Cummings, rheumatologist from the University of Louisville and William Hockensmith, association director of the Arthritis Foundation.

THE BANNER-GAZETTE, Wednesday, December 14, 1983

Friendly Companions plan holiday gathering

The Friendly Companion Nursing Home Volunteer Program will have a "rap session" and Christmas gathering for its volunteers on Monday, Dec. 19, 7-8:30 p.m. at Lincoln Hills Nursing Home, 326 Country Club Dr., New Albany.

The Floyd County project is co-sponsored by the Floyd County Community Education Council, Retired Senior Volunteer Program of South Central Indiana Council on Aging and the Aged, and the Voluntary Action Center of Metro United Way.

The program presently has 24 trained volunteers--"Friendly Companions," who visit designated nursing home residents weekly. The volunteers were trained in the first quarter of 1983, undergoing six to eight hours of training in preparation for a one-year minimum commitment to the program.

A Friendly Companion training workshop for new volunteers will be conducted in late January or early February. Volunteers are provided to three Floyd County nursing homes--Green Valley Convalescent Center, Lincoln Hills Nursing Home and New Albany Nursing Home--and two retirement homes--Providence Retirement Home and the Floyd County Home for the Aged.

Persons interested in learning more about the Friendly Companion project may call 944-2054 during the daytime. Prospective volunteers are welcome to attend the Dec. 19 meeting.

The Tribune, New Albany, Ind., Wed., Nov. 2, 1983

Fall Bazaar Turkey Dinner
at Ken Ellis
Friday Nov 4th 10-2

FALL BAZAAR AND DINNER — The South Central Council for the Aging and Aged Inc. will be sponsoring a fall bazaar and turkey dinner at the Ken Ellis Center, 211 Martin Circle, Jeffersonville, on Friday. The time for the bazaar is 10 a.m. until 2 p.m., with the dinner from 11 a.m. to 1 p.m. There will be many crafts made by the senior citizens. Making preparations are from left, Ethel Nicholson, Vineie Ellis, Helen Tatlock, Glover Miller, Ola Thornton and Helen McGill. Seated from left: Rosa Coakley, Edna Hightower, Ludi Nunn and Louise Morton.

(Tribune Photo by Don Beck)

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10TH BIRTHDAY PARTY
10-21-83

The South Central Indiana Council for the Aging and Aged, Inc. sponsored a program at the Ken Ellis Senior Opportunity Center, Jeffersonville, celebrating the first year anniversary of the daily activities program for senior citizens held at the center. Pictured from left are William Shrewsberry, Robert Potter, Mayor Richard Vissing, Thelma Bertrand, executive director of the South Central Indiana Council for the Aging and Aged, Inc., Jimmy Carter and William Weidner.

10TH BIRTHDAY PARTY
10-21-83

PY BIRTHDAY

The Indiana Weekly

WEDNESDAY EVENING, MARCH 21, 1984

A SPECIAL PUBLICATION OF THE LOUISVILLE TIMES, © 1984

Silver Creek Civic Center is facing an uncertain future

By **JERRY HAFFNER**
Indiana Weekly Special Writer

The paint, inside and out, is chipping. A new roof is in order, the carpeting is worn, rest room fixtures need to be replaced, and the utility bills average $800 a month in the winter.

The Silver Creek Civic Center, built in 1919, needs help.

The center, on U. S. 31 across from the Louisville Cement Company, is a site for the senior citizens' lunch program and is a haven for older people. As 76-year-old Myrtle Thomas says, "It means a lot to me because I don't get around a lot like I used to. I come every day."

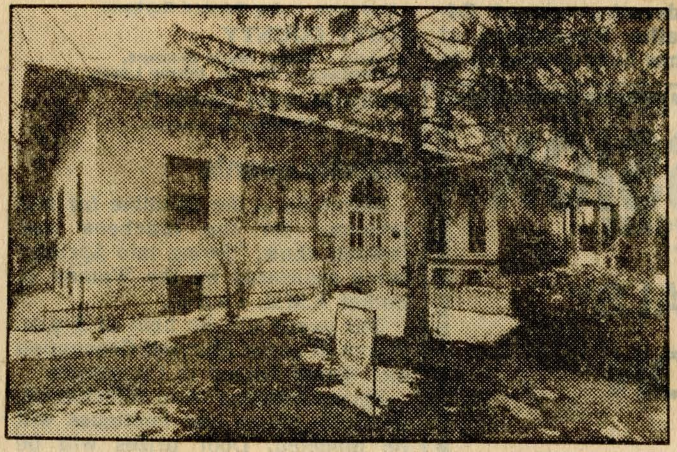
Joan Crider, manager of the center, said many people stick around after lunch to chat or play cards.

But keeping the center open on an annual budget of about $10,000 is getting tougher.

"It has always been tight financially as far as the cash flow is concerned," said the Rev. Fred G. Reed, pastor of Speed Memorial Church and the center's board president. "There have been some tight months. This has been a continual thing but it's been brought to the forefront with the utility costs."

Board member Virginia Webber said the center's electricity and heat were cut off briefly last year because the center couldn't pay the bills. Mrs. Webber said another board member loaned the center the money to get the power restored.

Other needs — such as the roof and carpeting — have had to wait.



Restoration could cost more than $100,000. "I think the structure is sound but as you can tell it needs a lot of redoing," Reed said. And, "that's just a layman's guess."

Bob Briner, vice president of the board, said he has been looking into ways the center can secure low-interest loans to begin remodeling.

The center now gets money from four sources: private donations, business solicitations, fund raising events, and allotments from the township trustees. It is owned by the Louisville Cement Company, which rents it out for $1 a year.

The company pulled out of active sponsorship of activities there about 10 years ago, and a citizen board was chosen to run it.

Louisville Cement also owns a building adjacent to the center, which Glenn and Helen Johnson run as Speed's only grocery.

Bob Rosenberger, vice president and secretary of Louisville Cement, said the company has redirected its community efforts to other programs and organizations in Clark County. He said the costs to restore the old center are prohibitive, but "we are willing to look at any requests that are realistic and feasible."

The center is a part of Speed's heritage, and the inscription on the building shows the enthusiasm with which the building was met: "This Community Center was erected by the Louisville Cement Company in 1919 to serve its employees and friends through the promotion of educational, cultural, social and recreational activities."

The center, known often as the Community House, has served more than recreational needs. It was used as classrooms in 1925 before Silver Creek High School was finished in 1927, according to Mae Smith, the center's secretary for 13 years. The high school also played some of its games in the center's gym.

Clark County Memorial Hospital was relocated in the center during the 1937 flood. "Of course, you can tell the hospital wasn't as big as it is today," Miss Smith said. During World War II, soldiers came on Saturday evenings for games and dinner. They spent the night on cots in the gym, and the following day they would spend it in residents' homes, she said.

"One of the first televisions in Speed was in the Community House," Miss Smith added. "And that whole room," she said, pointing to the front, "would be filled with people, especially on Friday nights to watch the wrestling matches."

The basement had ping pong tables, a rifle range, men's showers, and a barber shop. Upstairs were clubrooms, a library, a nurse's office, kitchen and pool room. "Ladies and girls," Miss Smith remembered, "were not allowed in the pool room." Outside, there was a park, tennis courts, an area to play croquet and horseshoes, and movies were shown on warm evenings.

Many clubs and groups met there, but more than anything else, Miss Smith said, "It was a place for the kids who were not quite old enough to have a driver's license to come and play basketball until it was time to go home.

"We had no discipline problems. They had to go by our rules."

"The building has enough historical significance to merit its restoration," Miss Smith said. "I think it's great to have a community center that people are attached to and utilize as they see fit to provide good fellowship and recreation."

"Getting together provides a need in our day and time," Reed

See **CIVIC CENTER**
Page 6, col. 6

Photos by John Goff

The Civic Center is a site for the senior citizens' lunch program and other activities.

Civic Center has uncertain future

Continued from Page One

explained.

Miss Smith said, "To most people now, if the day comes when we don't have it [Civic Center], we'll hear the same story we heard about the Community House. That it was too bad the Community House had to close.

"If you get up in the morning and you know all day you're going to sit in the house and have to furnish your own recreation, you're going to sit in that house until you can't get out."

The Tribune
New Albany, Indiana
GES Friday, March 23, 1984 DIAL

Pondering Decision

Tribune
3-23-84

Judge James E. Noland, presiding in the New Albany Division of U.S. Court, late Wednesday took under advisement a decision in the proceedings in the trial of the case of Charles S. Ighabon against South Central Indiana Council for the Aging and Aged.

After two days of hearing nearly a dozen witnesses — five for the plaintiff and six for the Council — the Court heard final oral arguments by both sides and announced he would rule later.

The trial before the Court was conducted without intervention of a jury.

The suit originally was filed with the Court on Nov. 10, 1981, Ighabon, an employee, claiming he was discriminated against because of his African descent.

The offices of the Council in New Albany are at 134 E. Main St.

The Tribune
New Albany, Indiana
AGES Wednesday, March 28, 1984 DIAL

U.S. Court Ends Local Session

The March, 1984, term of the New Albany Division of U.S. Court ended on the weekend, the Court entourage returning to Indianapolis.

As the term completed its assignments, Judge James E. Noland still had under advisement a decision in the case of Charles S. Ighabon, against the South Central Indiana Council for the Aging and Aged, Inc., a discrimination suit, alleging the plaintiff was terminiated with the agency because of his Black African origin.

Word at the Clerk's office was that when the Court makes its ruling, it will be certified to the Division here.

The Council office is at 134 E. Main St.

The trial before Judge Noland went into two days, and was heard without intervention of a jry.

Prior to the end of the term, Donald Thomas Hoffman pleaded guilty to two counts in an indictment charging theft and disposition of stolen motor vehicles used in interstate transportation.

His case was referred to the probation department, to await the filing of a pre-sentence report, and he was continued under $2,500 bond.

WEDNESDAY, MARCH 28, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The Farrington Meal Site Center, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., sponsored an open house in observance of National Nutrition Awareness Day. Pictured from left are Jerry Stephenson, guest; Mayor Dale Orem, guest; Florence Sussman, Area 14 senior queen; Nancy Shiner, program developer for the Council for the Aging and Aged, Inc.; Keith Karnes, nutrition association coordinator and Evelyn Grangier, site manager for the Farrington Meal Site.

Banner
3-14-84

Workshop scheduled to train nursing home volunteers

A workshop to train prospective nursing home volunteers is set for Saturday, March 31, at Prosser Area Vocational Center, 4202 Charlestown Rd., New Albany. Volunteers will be trained as Friendly Companions to make one-to-one weekly visits to lonely residents of Floyd County nursing homes and retirement homes.

Volunteers of all ages may register for the all-day workshop by calling the Retired Senior Volunteer Program (RSVP) office at 948-8330 or the Metro United Way Resource Center are 944-6120.

The March 31 workshop will begin at 9 a.m. and end at 3:15 p.m. The agenda, presented by professionals from various community agencies, will include sessions on the aging process, death and dying, what to expect in a nursing home, communications skills, reality orientation, volunteer rights and responsibilities and legal aspects of nursing home volunteering. The workshop is free, and participants may bring or buy their lunch.

Volunteers are matched with compatible residents upon completion of their training. They are asked to sign a contract with the nursing home and the project's steering committee, agreeing to visit an assigned resident weekly for at least one year.

The Floyd County Nursing Home Volunteers Project is jointly sponsored by the Floyd County Community Education Council, the RSVP and the Voluntary Action Center of Metro United Way. The three organizations joined forces over a year ago to provide regular visitation to nursing home and retirement home residents.

There are approximately 440 persons residing in nursing or retirement homes in Floyd County. Twenty-four residents are presently served by Friendly Companions who were trained during 1983. The project's steering committee hopes to train 20 to 25 new volunteers in the upcoming workshop.

Facilities served by the program include the Floyd County Home for the Elderly, Providence Retirement Home and three nursing homes, Green Valley Convalescent Center, Lincoln Hills Nursing Home and New Albany Nursing Home.

Page 4 THE BANNER-GAZETTE, Wednesday, March 28, 1984

Health Focus screenings scheduled at area sites

Health Focus 84, a series of free health screenings, will be conducted Saturday, March 31, through Sunday, April 8. The health screenings will be sponsored at various sites for anyone 18 years of age or older.

Screenings will be offered at the Green Tree Mall in Clarksville on Sunday, April 1. Testings will be from 12:30-5 p.m.

Westminister Village Retirement Complex will be the site of a Health Focus on Tuesday, April 3. Screenings will be given from 10 a.m.-3 p.m.

Screenings will be offered at the Scottsburg National Guard Armory on Wednesday, April 4, 10 a.m.-7 p.m. Another site [illegible] Providence Retirement Home, April 4, 10 a.m.-3 p.m.

Southeastern Indiana Rehabilitation Center in Clarksville will be the site of a screening on Friday, April 6, 9 a.m.-2 p.m. Screenings will be held at the New Albany National Guard Armory on April 6, noon-7 p.m.

Another screening site will be the Courthouse Square in Corydon. Testings will be Saturday, April 7, 8 a.m.-2 p.m.

North Clark Community Hospital will be host to a screening on Sunday, April 8, 1-6 p.m.

The Green Tree Mall screening site is being sponsored by the Clark County Memorial Hospital.

According to information released by the hospital, the health fair is one of 39 such activities being conducted in Kentucky and Southern Indiana, and is designed to promote health awareness and education and to encourage individuals to make positive changes in their lifestyles. One hundred medical and nonmedical volunteers will be on duty for testing, counseling, and referral of participants.

Among the free services to be offered are checks on blood pressure, height and weight, anemia, vision, glaucoma, hearing and oral screening. In addition, two optional blood chemistry tests will be available for a nominal fee ($8 and $14). If participants want the optional blood test, a fast (no food or drink) is required for 12 hours. Regular medication should, however, be taken as usual with water. Diabetics should consult their physicians before fasting.

Several local businesses are physician. It will, however, alert participants to possible health problems and provide information on different health services available throughout the community.

The health fair operates under the auspices of the National Health Screening Council for Volunteer Organizations, Inc.

Page 4 THE BANNER-GAZETTE, Wednesday, February 29, 1984

Council seeks representative

Applications are now being taken for a legislative representative to represent the South Central Indiana Council for the Aging and Aged, Inc. in each of the following counties--Clark, Floyd, Harrison and Scott.

The delegate will attend the Older Hoosiers Assembly in September, the Governor's Conference in October and other [illegible] in legislation.

This is an exciting opportunity for a civic-minded individual who would like to be involved in the legislative process, according to a spokesperson for the council.

For further information, call Thelma Bertrand or Nancy Shiner, 948-8330.

Letters

No one prevented senior from taking lunch home

March 30, 1984
Corydon, Ind.

This is a reply to a letter in your paper of March 21, 1984 by Alice Tindall.

On March 12, 1984, Alice said she was not allowed to get their (her and her husband's) lunch from the Senior Citizens Center and bring it home to eat.

She was taking their lunch home before the paper came out and could have been getting it several months ago if she would have asked the hostess for it.

She said her husband couldn't climb the steps. There is a ramp at the center that has been there for nine years. People with a handicap use the ramp. Some come in wheelchairs.

She stated people who had never worked a day in their lives were getting their lunch carried to them. If this is so, they are people with a handicap who are not able to work.

This program is not based on how hard one has or hasn't worked, it is age and need.

Alice wondered how many others were being deprived of their constitutional rights. No one is being deprived of their rights.

But guidelines are set by the area office and our hostess has to follow these guidelines. We have an excellent hostess who deserves more help and less criticism. Most of the criticism comes from those who do the least.

I wonder, did Alice really want food or did she just want to gripe about something?

SAM J. BYERLY

The Tribune, New Albany, Ind., Thurs., Mar. 8, 1984

Jeff Seniors Plan St. Patrick's Party

Crafts and a St. Patrick's party are special events for the month of March at the Ken Ellis Senior Citizen Center in Jeffersonville.

Crafts for the month will be cross stitch, painting, St. Patrick's Day decorations, macrame, dolls, bears, stumpkings and tin punch.

On Tuesday the group will go to Claysburg Towers in Jeffersonville and have crafts at 10 a.m. and bingo at 1 p.m.

The monthly dinner will be March 15 from 10 a.m. to 2 p.m. The theme will be Saint Patrick's.

At 11 a.m. Dr. George Beury will discuss the Hospice program and members will get to meet the new Ken Ellis director, Mrs. Pat Jewell at 11:30 a.m.

A wearing of the green contest will take place at 11:50 a.m. and a prize will be given away. At 12:30 p.m. the Rev. Ike Reed will speak and at 1 p.m. Mrs. Carla Veardn will talk on epilepsy. The blood pressure check will be at 2 p.m.

Persons 60 or older are invited to join the activities at the Ken Ellis Center. For more information call Sue Johnson at 283-7356.

The Ken Ellis Center is sponsored by the South Central Council for the Aged and Aging.

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The Tribune

New Albany, Indiana

Friday, March 23, 1984

Pondering Decision

Tribune
3-23-84

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The Tribune

New Albany, Indiana

Wednesday, March 28, 1984

U.S. Court Ends Local Session

The March, 1984, term of the New Albany Division of U.S. Court ended on the weekend, the Court entourage returning to Indianapolis.

As the term completed its assignments, Judge James E. Noland still had under advisement a decision in the case of Charles S. Ighabon, against the South Central Indiana Council for the Aging and Aged, Inc., a discrimination suit, alleging the plaintiff was terminiated with the agency because of his Black African origin.

Word at the Clerk's office was that when the Court makes its ruling, it will be certified to the Division here.

The Council office is at 134 E. Main St.

The trial before Judge Noland went into two days, and was heard without intervention of a jry.

Prior to the end of the term, Donald Thomas Hoffman pleaded guilty to two counts in an indictment charging theft and disposition of stolen motor vehicles used in interstate transportation.

His case was referred to the probation department, to await the filing of a pre-sentence report, and he was continuec under $2,500 bond.

WEDNESDAY, MARCH 28, 1984

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The Farrington Meal Site Center, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., sponsored an open house in observance of National Nutrition Awareness Day. Pictured from left are Jerry Stephenson, guest; Mayor Dale Orem, guest; Florence Sussman, Area 14 senior queen; Nancy Shiner, program developer for the Council for the Aging and Aged, Inc.; Keith Karnes, nutrition association coordinator and Evelyn Grangier, site manager for the Farrington Meal Site.

Page 4 THE BANNER-GAZETTE, Wednesday, March 28, 1984

Health Focus screenings scheduled at area sites

Health Focus 84, a series of free health screenings, will be conducted Saturday, March 31, through Sunday, April 8. The health screenings will be sponsored at various sites for anyone 18 years of age or older.

Screenings will be offered at the Green Tree Mall in Clarksville on Sunday, April 1. Testings will be from 12:30-5 p.m.

Westminister Village Retirement Complex will be the site of a Health Focus on Tuesday, April 3. Screenings will be given from 10 a.m.-3 p.m.

Screenings will be offered at the Scottsburg National Guard Armory on Wednesday, April 4, 10 a.m.-7 p.m. Another site will be the Providence Retirement Home, April 4, 10 a.m.-3 p.m.

Southeastern Indiana Rehabilitation Center in Clarksville will be the site of a screening on Friday, April 6, 9 a.m.-2 p.m. Screenings will be held at the New Albany National Guard Armory on April 6, noon-7 p.m.

Another screening site will be the Courthouse Square in Corydon. Testings will be Saturday, April 7, 8 a.m.-2 p.m.

North Clark Community Hospital will be host to a screening on Sunday, April 8, 1-6 p.m.

The Green Tree Mall screening site is being sponsored by the Clark County Memorial Hospital.

According to information released by the hospital, the health fair is one of 39 such activities being conducted in Kentucky and Southern Indiana, and is designed to promote health awareness and education and to encourage individuals to make positive changes in their lifestyles. One hundred medical and non-medical volunteers will be on duty for testing, counseling, and referral of participants.

Among the free services to be offered are checks on blood pressure, height and weight, anemia, vision, glaucoma, hearing and oral screening. In addition, two optional blood chemistry tests will be available for a nominal fee ($8 and $14). If participants want the optional blood test, a fast (no

physician. It will, however, alert participants to possible health problems and provide information on different health services available throughout the community.

The health fair operates under the auspices of the National Health Screening Council for Volunteer Organizations, Inc.

Page 4 THE BANNER-GAZETTE, Wednesday, February 29, 1984

Council seeks representative

Applications are now being taken for a legislative representative to represent the South Central Indiana Council for the Aging and Aged, Inc. in each of the following counties--Clark, Floyd, Harrison and Scott.

The delegate will attend the Older Hoosiers Assembly in September, the Governor's Conference in October and other special meetings occurring during the year. Expenses for travel will be paid by the agency, based on funding.

To qualify, the representative must be 60 years of age or older, have his/her own transportation and have an interest in legislation.

This is an exciting opportunity for a civic-minded individual who would like to be involved in the legislative process, according to a spokesperson for the council.

For further information, call Thelma Bertrand or Nancy Shiner, 948-8330.

T

aiting for."

have it open to the p

Mary Ann Sebrey from 1976 to 1981, n Bloomington.

Corydon, Ind.

This is a reply to a letter in your paper of March 21, 1984 by Alice Tindall.

On March 12, 1984, Alice said she was not allowed to get their (her and her husband's) lunch from the Senior Citizens Center and bring it home to eat.

She was taking their lunch home before the paper came out and could have been getting it several months ago if she would have asked the hostess for it.

She said her husband couldn't climb the steps. There is a ramp at the center that has been there for nine years. People with a handicap use the ramp. Some come in wheelchairs.

She stated people who had never worked a day in their lives were getting their lunch carried to them. If this is so, they are people with a handicap who are not able to work.

This program is not based on how hard one has or hasn't worked, it is age and need.

Alice wondered how many others were being deprived of their constitutional rights. No one is being deprived of their rights.

But guidelines are set by the area office and our hostess has to follow these guidelines. We have an excellent hostess who deserves more help and less criticism. Most of the criticism comes from those who do the least.

Banner
3-14-84

Workshop scheduled to train nursing home volunteers

A workshop to train prospective nursing home volunteers is set for Saturday, March 31, at Prosser Area Charlestown Rd., New Albany. Volunteers will be trained as Friendly Companions to make one-to-one weekly visits to lonely residents of Floyd County nursing homes and retirement homes.

Volunteers of all ages may register for the all-day workshop by calling the Retired Senior Volunteer Program (RSVP) office at 948-8330 or the Metro United Way Resource Center are 944-6120.

The March 31 workshop will begin at 9 a.m. and end at 3:15 p.m. The agenda, presented by professionals from various clude sessions on the aging process, death and dying, what to expect in a nursing home, communications skills, reality orientation, volunteer rights and responsibilities and legal aspects of nursing home volunteering. The workshop is free, and participants may bring or buy their lunch.

Volunteers are matched with compatible residents upon completion of their training. They are asked to sign a contract with the nursing home and the project's steering committee, agreeing to visit an assigned resident

The Floyd County Nursing Home Volunteers Project is jointly sponsored by the Floyd County Community Education Council, the RSVP and the Voluntary Action Center of Metro United Way. The three organizations joined forces over a year ago to provide regular visitation to nursing home and retirement home residents.

There are approximately 440 persons residing in nursing or retirement homes in Floyd County. Twenty-four residents are presently served by Friendly Companions who were trained during 1983. The project's steering committee hopes to train 20 to 25 new volunteers in the upcoming workshop.

Facilities served by the program include the Floyd County Home for the Elderly, Providence Retirement Home and three nursing homes, Green Valley Convalescent Center, Lincoln Hills Nursing Home and New Albany Nursing Home.

The Tribune, New Albany, Ind., Thurs., Mar. 8, 1984

Jeff Seniors Plan St. Patrick's Party

Crafts and a St. Patrick's party are special events for the month of March at the Ken Ellis Senior Citizen Center in Jeffersonville.

Crafts for the month will be cross stitch, painting, St. Patrick's Day decorations, macrame, dolls, bears, stumpkings and tin punch.

On Tuesday the group will go to Claysburg Towers in Jeffersonville and have crafts at 10 a.m. and bingo at 1 p.m.

The monthly dinner will be March 15 from 10 a.m. to 2 p.m. The theme will be Saint Patrick's.

program and members will get to meet the new Ken Ellis director, Mrs. Pat Jewell at 11:30 a.m.

A wearing of the green contest will take place at 11:50 a.m. and a prize will be given away. At 12:30 p.m. the Rev. Ike Reed will speak and at 1 p.m. Mrs. Carla Veardn will talk on epilepsy. The blood pressure check will be at 2 p.m.

Persons 60 or older are invited to join the activities at the Ken Ellis Center. For more information call Sue Johnson at 283-7356.

The Ken Ellis Center is

THE INDIANA WEEKLY, WEDNESDAY, APRIL 11, 1984

The South Central Indiana Council for the Aging and Aged Inc. has announced the selection of **Area 14 legislative representatives.**

Edgar W. Day will represent Floyd County; **John Brogan,** Clark County; **Austin Schellenberger,** Harrison County; and **Thelma Bertrand,** Scott County. **Walter J. McLean** will serve as Area 14's alternate.

Legislative representatives monitor the bills through the Indiana House and Senate and establish a telephone committee to alert constituents of impending legislation. They also attend several state conferences.

THE LOUISVILLE TIMES
TUESDAY, FEBRUARY 28, 1984

INDIANA UPDATE

Compiled by ED SCHUELER

The South Central Indiana Council for the Aging and Aged Inc. is accepting applications for a **legislative representative** from Clark, Floyd, Harrison or Scott counties.

The delegate will attend the Older Hoosiers Assembly in September, the Governor's Conference in October and other special meetings during the year. Expenses will be paid by the agency, based on funding.

To qualify, the representative must be 60 or older, have transportation and have an interest in legislation.

For further information, call Thelma Bertrand or Nancy Shiner at 948-8330.

The Tribune, New Albany, Ind., Wed., Apr. 4, 1984 Page 7

Council For Aging Representatives Picked

The South Central Indiana Council for the Aging and Aged, Inc., announces the selection of Area 14 Legislative Representatives. Edgar W. Day will represent Floyd County; John Brogan, Clark County; Austin Schellenberger, Harrison County, and Thelma Bertrand, Scott County. Walter J. McLean will serve as Area 14's alternate.

Patricia Jewell, Executive Director of the Council for the Aging, states the purpose of the legislative representatives is to monitor the bills through the Indiana House and Senate and to establish telephone committees to alert constituents of impending legislation. In addition, they will be attending several state conferences including the Indiana Governor's Conference.

The legislative representatives will immediately be involved in three activities. On April 10 Cyrus Gunn, Legislative Representative from Indiana Department on Aging and Community Services, will meet with the five representatives to explain the legislative process by "walking" a bill through both the Indiana House and Senate.

On April 26 a legislative seminar will be held for the constituents in Area 14 on the Knights of Columbus Building, 809 E. Main Street, New Albany. The primary candidates for State Representative and the State Senators have been invited to speak on issues affecting senior citizens. Former Senator Harry Thompson will review the 1984 "short" session and preview the upcoming session. All constituents are invited, but senior citizens are especially urged to attend. For further information on transportation and meal reservation, call Nancy Shiner or Thelma Bertrand at 948-8330.

The legislative representatives from Area 14 will also be responsible for submitting the resolutions for consideration at the Older Hoosier's Consortium to be held in late September. These resolutions are then presented to the state legislators.

INDIANA UPDATE

THE LOUISVILLE TIMES
WEDNESDAY, APRIL 4, 1984

Indiana Update contains news and announcements from Southern Indiana. Send items to Indiana Update, The Louisville Times, 525 W. Broadway, Louisville 40202, or call 582-4234.

Compiled by ED SCHUELER

The South Central Indiana Council for the Aging and Aged Inc. has selected legislative representatives for Area 14. **Edgar W. Day** will represent Floyd County; **John Brogan,** Clark County; **Austin Schellenberger,** Harrison County; and **Thelma Bertrand,** Scott County. **Walter J. McClean** will serve as Area 14's alternate.

According to **Patricia Greenwell,** executive director of the Council for the Aging, the representatives monitor bills in the Indiana General Assembly and set up telephone committees to alert constituents of impending legislation.

They also will be responsible for submitting resolutions for consideration at the Older Hoosier's Consortium in late September. These resolutions will be presented to state legislators.

In addition, they will be attending several state conferences, including the Indiana Governor's Conference.

The representatives will meet Tuesday with Cyrus Gunn, legislative representative from the Indiana Department on Aging and Community Services, to learn the legislative process of the General Assembly.

On April 26 at 9:30 a.m., a legislative seminar will be held for the constituents in Area 14 at the Knights of Columbus Building, 809 E. Main St., New Albany. Primary candidates for state representative and senator have been invited to speak on issues affecting senior citizens. Former Sen. Harry Thompson will review the 1984 session and preview the coming session. The public is invited.

For information on transportation and meal reservations, call Nancy Shiner or Thelma Bertrand at 948-8330.

THE BANNER-GAZETTE, Wednesday, May 16, 1984

Senior citizens attend session

St. Marys of the Knobs Senior Citizens recently attended a legislative seminar at the Knights of Columbus Hall in New Albany; the seminar was sponsored by South Central Council for the Aging. Overall attendance for the seminar was 150.

Among those attending were: Ruby Banet, Violet Totten, Ann McCloskey, Dorothy Uhl, Alma Kruer, Lorraine Hess, Martha Zoeller, Marjie Kruer, Emma Banet, Marcella Huber, Catherine Rake, Harry Naville, Grace Naville, Olivia Atkins, Leona Didat and Esther Rosenberger.

1984 Legislative Seminar To Be Held

The 1984 legislative seminar, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. will be held at the Knights of Columbus Hall, New Albany on April 26 from 9:30 a.m. to 2:30 p.m.

Cy Gunn, state legislative representative of the Department on Aging and Community Services, will be chairperson of the morning session.

Candidates for state representative and senators will speak on the issues relating to senior citizens. The public, in turn, may participate in the question and answer period after the presentation of the candidates.

Following the luncheon, Harry Thompson, former senator will update the results of the current legislative session. The senior citizens will develop resolutions to be submitted to the Older Hoosiers Assembly.

THURSDAY, APRIL 19, 1984

THE BANNER-GAZETTE, Wednesday, April 25, 1984 Page 3

Group to see Reds game

The Council for Older Americans, Inc. go to see the Cincinnati Reds play the Chicago Cubs on Thursday, May 17.

The trip is for anyone 60 years of age or older. The cost of the trip will be $11. This includes ticket and transportation. A charter bus will leave 317 E. 5th Street in New Albany at 9 a.m.

A limited number of seats are available first come-first serve. No refund will be made. For reservations and more information, contact Bobbie Napier at 948-2877.

The Banner-Gazette

63rd Year of Publication 65th Year of Publication, Issue No. 21 Circulation 13,500 Wednesday, April 25, 1984

Older Hoosiers conference addresses needs of elderly

The 22nd Annual State Conference of the Indiana Federation of Older Hoosiers will be held May 14-15 in the Holiday Inn, West Lafayette, Ind.

Theme for the conference is "Building Unity for Older Hoosiers." The keynote address, "The future of Medicare," will be given by Otis R. Bowen, M.D., chairman of the President's Task Force on Medicare.

"Many concerns of the elderly will be addressed at this conference" stated Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged, Inc," New Albany. Included will be local measured telephone service, health care cost containment, adult protective services and housing."

Friday, May 4, is the deadline for conference registration and membership. For further information and/or registration forms, contact Nancy Shiner or Thelma Bertrand at the Council on Aging, 948-8330.

THE INDIANA WEEKLY, WEDNESDAY, APRIL 25, 1984

Seminars, workshops

The South Central Indiana Council for the Aging and Aged Inc. will hold a **legislative seminar** for constituents in Area 14 (Floyd, Clark, Harrison and Scott counties) at 10 a.m. April 26. It will be held at the Knights of Columbus Building, 809 E. Main St., New Albany. Registration will begin at 9:30 a.m.

Primary candidates for state representative and state senator have been invited to speak on issues affecting senior citizens. Former Sen. Harry Thompson will review the 1984 short session and preview the upcoming session.

All constituents are invited, but senior citizens are especially urged to attend.

THE INDIANA WEEKLY, WEDNESDAY, APRIL 25, 1984

"Volunteers: How Do You Find Them, Train Them and Keep Them?" will be the subject of a workshop to be held May 2 at Indiana University Southeast. It will be held from 1 to 4 p.m. in the Scribner Clark Room located in the University Center.

The workshop is designed for any agency or group that uses or or is considering use of volunteers.

The workshop, sponsored by the Indiana Information and Referral Association Inc., will be presented by **Marti Pizzini** and **Barbara Dysert** of the United Way Community Service Council of Indianapolis.

Registration cost is $10 for IIRA members and $12.50 for non-members. Checks should be sent to: Miriam Nowak, Workshop Chairman, Area 7 Agency on Aging, P. O. Box 359, Terre Haute, Ind. 47808. Registration will be accepted at the workshop, but a late fee will be charged.

For more information, call **Nancy Shiner** at 948-8330.

Wednesday, May 2, 1984, THE CORYDON DEMOCRAT, Corydon, Ind.

5-2-84.

Lee Hamilton to visit senior citizens center

Ninth District Congressman Lee Hamilton will visit the Harrison County Senior Citizens Center in Corydon on Friday at 12 noon. A press release said Hamilton wants to see the mealsite program at the center at 123 South Mulberry.

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THE INDIANA WEEKLY, WEDNESDAY, MAY 9.

Council offers programs for the elderly

The South Central Indiana Council for the Aging & Aged, Inc., is celebrating its eleventh year of providing programs and services to meet the needs of senior citizens of Clark, Floyd, Harrison, and Scott Counties. The Council has health, nutrition, Title XX Social Services, and transportation programs; an information and referral service; the Retired Senior Volunteer Program; cultural, educational, recreational, and social activities; and employment possibilities through Title V Senior Community Service Employment Program.

The Nutrition program not only provides a social setting for conversation and programs and activities, but also a balanced hot meal to an average of 800 people a day at 16 meal sites throughout the four counties and by home delivery to those senior citizens who are unable to attend a meal site. Reservations must be made twenty-four hours in advance by calling the meal site. The cost of the meal to a person 60 years of age or older is by donation only.

The Council for Older Americans (COA) makes an average of 3000 trips monthly to nutrition sites, doctor offices, clinics, utility companies, and shopping centers. Two of the station wagons can make trips into Louisville to treatment centers or doctor offices. Again reservations must be made twenty-four hours in advance by calling 948-9701.

COA also offers daytime cultural, educational, recreational, and social activities at five senior centers. Arts and crafts are offered; discussions of current events and special workshops are held relating to the needs of the older adult; bingo and cards are played; trips outside the Center are scheduled. Over 1350 senior citizens a month participate in these activities.

The Information & Referral Service, which is available 24 hours a day, seven days a week, offers a quick reference to community resources suited to meet the need of the senior citizens. Approximately 125 calls a month are handled. This program also issues the senior citizen discount card, the Living Will, and a newsletter four times a year.

Carrier Watch has been established with the New Albany Post Office and also in process with the Jeffersonville Post Office. A job bank for people who will be light housekeeping, minor home repair, and sitting with the elderly for a nominal fee is available.

Another program within the Council for the Aging is the Title XX Social Services Program which serves older persons living on low and fixed incomes. One function of Title XX is to keep the elderly in their own homes and out of institutions. The Personal Care Assessors evaluate the needs of an elderly person and then link the needs with the community services which will meet the needs. This might include signing the person up for other Title XX programs, assisting with applications for food stamps, social security, SSI, etc., and by escorting the elderly to these services or arranging for transportation.

The Homemaker-Handyman Program serves people who are unable to take care of their own homes and includes housekeeping, minor home repair, weatherizing, carpet shampooing, etc.

The Title XX is involved in the Project SAFE and Helping Hand outreach. This ensures that all elderly who are eligible for the low-income fuel assistance programs receive them.

Finally the Nursing Home Preadmission Screening, a process designed to determine what type of social and medical services are needed to maintain an individual's health and well-being, is under Title XX. Anyone who makes application to a nursing home will have to be prescreened. A comprehensive assessment of a person's functional, health, environmental, and psycho-social status is made and the service needs of the individual. Those established needs are then compared with what services are available within the community and how much they will cost. If the cost of the recommended in-home services is more than 75% of the monthly nursing home cost, the person is admitted to the nursing home. If under 75%, an attempt is made to link the individual up with the needed services.

The Health Services Program offers screening for high blood pressures once a month at each of the 16 Nutrition Sites by a trained person. Health education programs and seminars are held.

The Council funds Legal Services Organizations to provide legal services for older persons.

The Retired Senior Volunteer Program (RSVP) provides retired and semi-retired persons the opportunity to participate more fully in the life of their communities through volunteer service. The primary focus of RSVP is on the needs and interests of older persons serving as senior volunteers, and the worth of their service to their communities is invaluable. After a basic orientation, the volunteers are offered job placement according to their interests and preferences. Over 400 volunteers log a minimum of 10 hours every three months to be considered active. They serve at 43 various stations including nutrition sites, libraries, hospitals, nursing homes, and workshops. Last year they contributed over 45,000 man hours. RSVP—Resourceful, Sincere, Vital, Productive!

Other special programs have included Older Hoosiers Law Day; the 1983 Older Hoosier of the Year Award has gone to Ruth Bledsor; legislative seminars; Small Claims Court presentation; the 1983 Senior Queen Contest, won by Florence Sussman; Social Security programs; a grocery shopping survey taken by over 300 people to be distributed to local grocery store managers; and a housing survey completed by over 400 people to determine alternative housing needs.

Future programs include the Area Day at the Indiana State Fair on August 23, and the Senior Queen Contest to be held in June.

The South Central Indiana Council for the Aging & Aged, Inc., is located at 134 East Main Street, New Albany, Indiana. For further information on any of the programs, call 948-8330.

THE LOUISVILLE TIMES
WEDNESDAY, APRIL 18, 1984
PAGE A9
INDIANA, KENTUCKY NEWS

INDIANA UPDATE

Compiled by ED SCHUELER

A legislative seminar, sponsored by South Central Indiana Council for the Aging and Aged Inc., will be held from 9:30 a.m. to 2:30 p.m. April 26 at the Knights of Columbus Building, 809 E. Main St., New Albany.

Primary candidates for state representative, mayors and public officials from Clark, Floyd, Harrison and Scott counties, as well as Area 14's state senators, have been invited to speak on issues that affect senior citizens. Cyrus Gunn, legislative representative from the Indiana Department on Aging, and former Sen. Harry Thompson will review the 1984 short session and preview the coming session.

A meal will be served. People 60 and older may pay by donation only. All others must pay $2.50 for the meal. For reservations for the meal or for transportation from the meal sites call Nancy Shiner or Thelma Bertrand at 948-8330 by Friday.

THE INDIANA WEEKLY, WEDNESDAY, MAY 16, 1984

Contests

The annual search for a woman to be **Area 14's Senior Queen** is under way. Civic organizations and clubs are invited to sponsor an individual for the honor.

The award is open to any woman, 65 years or older, residing in Clark, Floyd, Harrison or Scott counties, who has a record of service to her family, church and community. Contestants are judged on personality, civic contributions and a question and answer session.

The award will be presented at a luncheon on June 29 at Yellowwood Terrace in Clarksville.

The winner will represent Area 14 and will compete with 15 other area winners at the Indiana State Fair for the title of Indiana State Senior Queen. She also will participate in Harvest Homecoming, will serve as hostess at various functions of the South Central Indiana Council for the Aging and Aged Inc., and be a representative to several conferences.

For details and an application, contact Nancy Shiner at 948-8330. Entry deadline is June 15.

The Tribune Tri-County Extra, Wed., Apr. 25, 1984

Legislative Seminar

The 1984 Legislative Seminar, sponsored by the South Central Indiana Council for the Aging and Aged, Inc., will be in the Knights of Columbus building, 809 E. Main St., April 26 from 9:30 a.m. to 2:30 p.m.

Cy Gunn, State Legislative Representative of the Department on Aging and Community Services will be chairperson of the morning session.

Candidates for State Representative and Senators will speak to issues relating to Senior Citizens. The public, in turn, may participate in the "question and answer" period after the presentations of the candidates.

Following the luncheon, Harry Thompson, former Senator, and an active advocate for the elderly, will update the results of the current legislative session. The Senior Citizens will develop resolutions to be submitted to the Older Hoosiers Assembly.

The mayors and public officials in Clark, Floyd, Harrison and Scott counties have been invited to attend.

A nutrition meal will be served. People 60 years of age and older pay by donation only; for those under 60, the cost of the meal is $2,50.

For reservations or further information, contact Nancy Shiner or Thelma Bertrand 948-8330 on or before April 21.

WEDNESDAY, MAY 16, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Area 14's Senior Queen Search Has Begun

The annual search for a deserving senior lady to be Area 14's Senior Queen has begun.

The award is open to any senior lady 65 years of age or older residing in Clark, Floyd, Harrison or Scott County and having a record of service to her family, church and community.

The Senior Queen award will be given at a luncheon on Friday, June 29 at Yellowwood Terrace in Clarksville. The woman chosen to represent Area 14 will compete with 15 other area queens at the Indiana State Fair for the title of Indiana State Senior Queen.

The 1983 queen is Florence Sussman of Jeffersonville.

The Charlestown, In., COURIER, Wednesday, May 16, 1984

Search for Senior Queen begins

The annual search for a deserving senior lady to be Area 14's Senior Queen has begun. Civic organizations and clubs are urged to sponsor an individual for this honor.

The award is opened to any senior lady 65 years of age or older, residing in Clark, Floyd, Harrison, or Scott County and having a record of service to her family, church, and community. The contestants are judged on personality, civic contributions, and a question-answer session.

The Senior Queen Award will be given at a luncheon on Friday, June 29, at Yellowwood Terrace in Clarksville, Indiana. The woman chosen to represent Area 14 will compete with 15 other Area Queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 Senior Queen participates in Harvest Homecoming, serves as hostess at various council functions, and becomes a representative to several conferences.

The 1983 Senior Queen is Florence Sussman of Jeffersonville; first runner-up is Gladys Blankenbeker; second runner-up is Ruth Bledsoe.

For further information and an application, contact Nancy Shiner at (812) 948-8330. The deadline for entering the event is June 15. The award is sponsored in part by the South Central Indiana Council for the Aging and Aged, Inc. +

THE INDIANA WEEKLY, WEDNESDAY, MAY 23, 1984

Contests

The annual search for a woman to be **Area 14's Senior Queen** is under way. Civic organizations and clubs are invited to sponsor an individual for the honor.

The award is open to any woman, 65 years or older, residing in Clark, Floyd, Harrison or Scott counties, who has a record of service to her family, church and community. Contestants are judged on personality, civic contributions and a question and answer session.

The award will be presented at a luncheon on June 29 at Yellowwood Terrace in Clarksville.

The winner will represent Area 14 and will compete with 15 other area winners at the Indiana State Fair for the title of Indiana State Senior Queen. She also will participate in Harvest Homecoming, will serve as hostess at various functions of the South Central Indiana Council for the Aging and Aged Inc., and be a representative to several conferences.

For details and an application, contact **Nancy Shiner** at 948-8330. Entry deadline is June 15.

The Corydon, In., HARRISON COUNTY PRESS, Wednesday, May 23, 1984

Search for Senior Queen begins;

winner announced Friday, June 29

The annual search for a deserving senior lady to be Area 14's Senior Queen has begun. Civic organizations and clubs are urged to sponsor an individual for this honor.

The award is opened to any senior lady 65 years of age or older, residing in Clark, Floyd, Harrison, or Scott County and having a record of service to her family, church, and community. The contestants are judged on personality, civic contributions, and a question-answer session.

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For further information and an application, contact Nancy Shiner at (812) 948-8330. The deadline for entering the event is June 15. The award is sponsored in part by the South Central Indiana Council for the Aging and Aged, Inc. +

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The Courier-Journal, Thursday morning, May 24, 1984

Television
Regional news
Deaths

INDIANA

Floyd groups plan to help the needy survive hot times

By LINDA STAHL
Courier-Journal Staff Writer

NEW ALBANY, Ind. — Mary Ann Carnighan remembers the man in a body cast who had to endure last summer's sweltering heat without a fan or air conditioner.

Ms. Carnighan, of the Family Services Bureau in New Albany, is embarrassed that her agency couldn't help him.

In fact, leaders of several Floyd County social-service agencies remember feeling "caught off-guard" last summer, said Ron Gaddie, executive director of the Floyd County Community Action Agency.

Floyd County officials attributed no deaths to last summer's heat. However, other communities weren't as fortunate.

"We quickly learned that there did not exist any specific plan to respond to the needs of our people," Gaddie said. "A piecemeal effort was attempted ... by several agencies with no time to coordinate."

Now there's a plan.

The Family Services Bureau, the Floyd County Community Action Agency, the Salvation Army, the American Red Cross, and the Southern Indiana Council on Aged and Aging have formed a coalition called Allied Seasonal Assistance Program.

(Capt. Irvin Poucher of the Salvation Army thinks the acronym ASAP is especially appropriate, considering it's also shorthand for "as soon as possible.")

Under the coalition's plan, staff members from each agency will accept applications from Floyd County residents who need the loan of either a fan or air conditioner in the summer or a space heater in the winter.

In screening applicants, the agencies will use federal poverty-income guidelines to determine eligibility. Medical problems also will be considered.

The primary groups that agencies want to assist are the elderly, handicapped and young families with preschool children who have health problems aggravated by severe weather.

The coalition has prepared a fact sheet about the program, an application and a property-receipt form.

But it doesn't have the money needed to buy 75 120-volt air conditioners and 100 three-speed fans. While winter is not a primary concern now, it also will need money for 50 space heaters.

At a press conference at the City-County Building yesterday, New Albany Mayor Charles Hunter said he will ask the city controller if any money is available for the program.

He also offered the assistance of city employees, who he said could help distribute equipment and keep it in good repair.

Gaddie said one organization that wishes to remain anonymous has contributed $1,000 for the cooling and heating devices. He estimated that the equipment will cost $25,000.

Gaddie urged foundations, groups and individuals to make contributions.

The coalition has an account at the Mutual Trust Bank, 320 Pearl St., New Albany, 47150. Checks can be made out to the Allied Seasonal Assistance Program and mailed to the bank.

Gaddie emphasized that the equipment will only be loaned out and that it will be recirculated to other clients as needed.

Depending on the availability of funds, coats and blankets also may be distributed in the winter. In addition, other assistance, such as electrical, furnace or plumbing repairs, will be considered.

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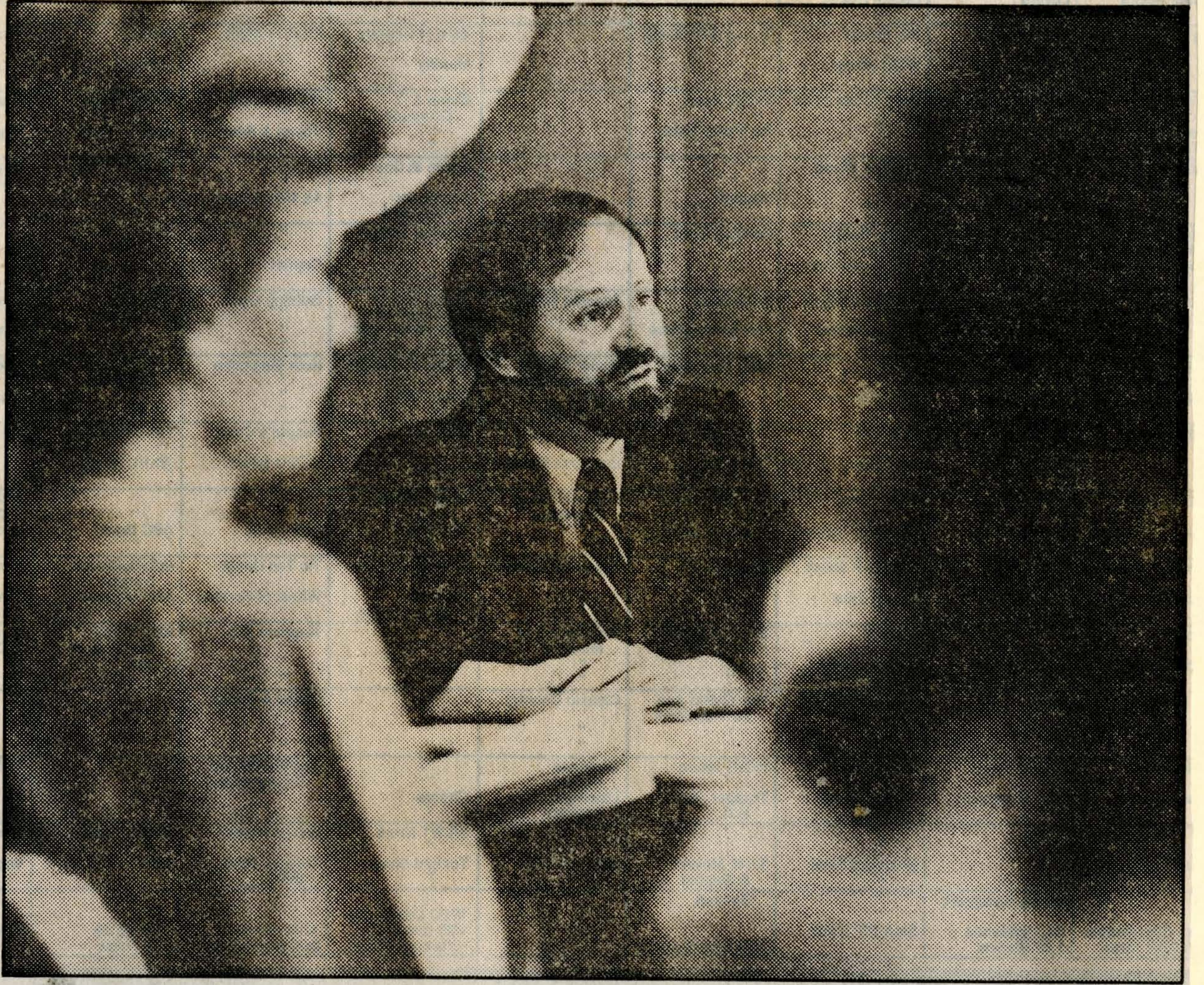

Staff Photo by Gary S. Chapman

Ron Gaddie, executive director of the Floyd County Community Action Agency, fielded questions from the press about a new program that five social-service agencies have begun in order to help the needy in Floyd County deal with severe heat and cold.

THE BANNER-GAZETTE, Wednesday, May 30, 1984

Groups urged to sponsor contestants for senior queen

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The award is opened to any senior woman 65 years of age or older, residing in Clark, Floyd, Harrison or Scott County and having a record of service to her family, church and community. The contestants are judged on personality, civic contributions and a question-answer session.

The senior queen award will be given at a luncheon on Friday, June 29, at Yellowwood Terrace in Clarksville. The woman chosen to represent Area 14 will compete with 15 other area queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 senior queen participates in Harvest Homecoming, serves as hostess at various council for the Aging functions, and becomes a representative to several conferences.

The 1983 senior queen is Florence Sussman of Jeffersonville; first runner-up is Gladys Blankenbeker; second runner-up is Ruth Bledsoe.

For further information and an application, contact Nancy Shiner at (812) 948-8330. The deadline for entering the event is June 15. The award is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc.

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Gaddie said the five agencies felt a community-wide plan of action was needed to assist those during the extremes in the summer and winter. He pointed out that after last summer's high temperatures and humidity, Floyd County was fortunate that no weather-related deaths were reported. He said a "piecemeal" effort was attempted last summer to aid the needy, but there was no time for coordination and planning.

He said the agencies have been meeting since February and have developed a community plan of action to respond to crisis situations and emergencies that members of the community shall face during the extreme weather conditions.

He said the primary groups the program is designed to help are the elderly, handicapped and young families with pre-school children, who are faced with a medical situation that is aggravated by severe weather conditions.

Gaddie emphasized the design of the program is to loan appropriate equipment to those who qualify. In the summer, air conditioners and fans will be distributed, and in the winter, heaters will be provided. He added that auxiliary services, such as electrical, furnace and plumbing repairs, will be considered through volunteer efforts of licensed and qualified technicians.

However, since the agencies do not have the available funds to purchase the equipment, they are seeking assistance from the community.

"Our agencies are asking that your foundation or group consider providing a financial contribution or grant to our program," he said. "Your needed monies will help us secure needed equipment that will be loaned each season."

Gaddie said that after the initial purchase of the equipment, the group anticipates a lesser amount of funds would be needed to help maintain the program. He added that ASAP has already received a $1,000 donation from a group which asked to remain anonymous.

New Albany Mayor Charles Hunter said his administration was in total support of the program.

"This is a fine example of how the people of our city are working together to improve the quality of life in New Albany," Hunter said.

Hunter proclaimed the week of May 23-30 as Floyd County ASAP week and urged all citizens to assist by giving "their support and recognition to the fine program."

He said he would be presenting a proposal to the city council, requesting a donation to the program if additional funds are available.

Gaddie said anyone wishing to donate money should send a check made out to ASAP to the Mutual Trust Bank, 320 Pearl Street. He said the bank has already set up a checking account for the program.

Gaddie estimated it would take approximately $25,000 to purchase 75 air conditioners, 100 fans and 50 heaters.

For more information, contact Gaddie at the Floyd County Community Action Agency at 945-2349; Brenda Carter at the American Red Cross, 944-6741; Captains Irvin and Faith Poucher of the Salvation Army - 944-1018; Mary Ann Carnighan at the Family Services Bureau - 944-6120 or Pat Jewell at the Council on Aged and Aging - 948-9161.

The Tribune, New Albany, Ind., Wed., May 30, 1984

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Finally, he claimed that the elimination of the part-time Homemaker-Handyman Coordinator's position, which he had held, was "a pretext used to oust him from the Council."

Judge Noland, in reviewing the complaint, stated in his opinion, "there is no reason to believe that the Council attempted to oust the plaintiff from his part-time position as Personal Care Assessor, because of his race."

The Court further held "the overwhelming weight of the evidence supports a finding that this action was not racially motivated. The evidence supports an intent to save administrative expenses, thus providing more money for services in the field."

The Order of the Court was dated May 23, at Indianapolis.

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The Courier-Journal, Thursday morning, May 24, 1984

In this secti

Television
Regional news
Deaths

INDIANA

Floyd groups plan to help the needy survive hot times

By LINDA STAHL
Courier-Journal Staff Writer

NEW ALBANY, Ind. — Mary Ann Carnighan remembers the man in a body cast who had to endure last summer's sweltering heat without a fan or air conditioner.

Ms. Carnighan, of the Family Services Bureau in New Albany, is embarrassed that her agency couldn't help him.

In fact, leaders of several Floyd County social-service agencies remember feeling "caught off-guard" last summer, said Ron Gaddie, executive director of the Floyd County Community Action Agency.

Floyd County officials attributed no deaths to last summer's heat. However, other communities weren't as fortunate.

"We quickly learned that there did not exist any specific plan to respond to the needs of our people," Gaddie said. "A piecemeal effort was attempted . . . by several agencies with no time to coordinate."

Now there's a plan.

The Family Services Bureau, the Floyd County Community Action Agency, the Salvation Army, the American Red Cross, and the Southern Indiana Council on Aged and Aging have formed a coalition called Allied Seasonal Assistance Program.

(Capt. Irvin Poucher of the Salvation Army thinks the acronym ASAP is especially appropriate, considering it's also shorthand for "as soon as possible.")

Under the coalition's plan, staff members from each agency will accept applications from Floyd County residents who need the loan of either a fan or air conditioner in the summer or a space heater in the winter.

In screening applicants, the agencies will use federal poverty-income guidelines to determine eligibility. Medical problems also will be considered.

The primary groups that agencies want to assist are the elderly, handicapped and young families with preschool children who have health problems aggravated by severe weather.

The coalition has prepared a fact sheet about the program, an application and a property-receipt form.

But it doesn't have the money needed to buy 75 120-volt air conditioners and 100 three-speed fans. While winter is not a primary concern now, it also will need money for 50 space heaters.

At a press conference at the City-County Building yesterday, New Albany Mayor Charles Hunter said he will ask the city controller if any money is available for the program.

He also offered the assistance of city employees, who he said could help distribute equipment and keep it in good repair.

Gaddie said one organization that wishes to remain anonymous has contributed $1,000 for the cooling and heating devices. He estimated that the equipment will cost $25,000.

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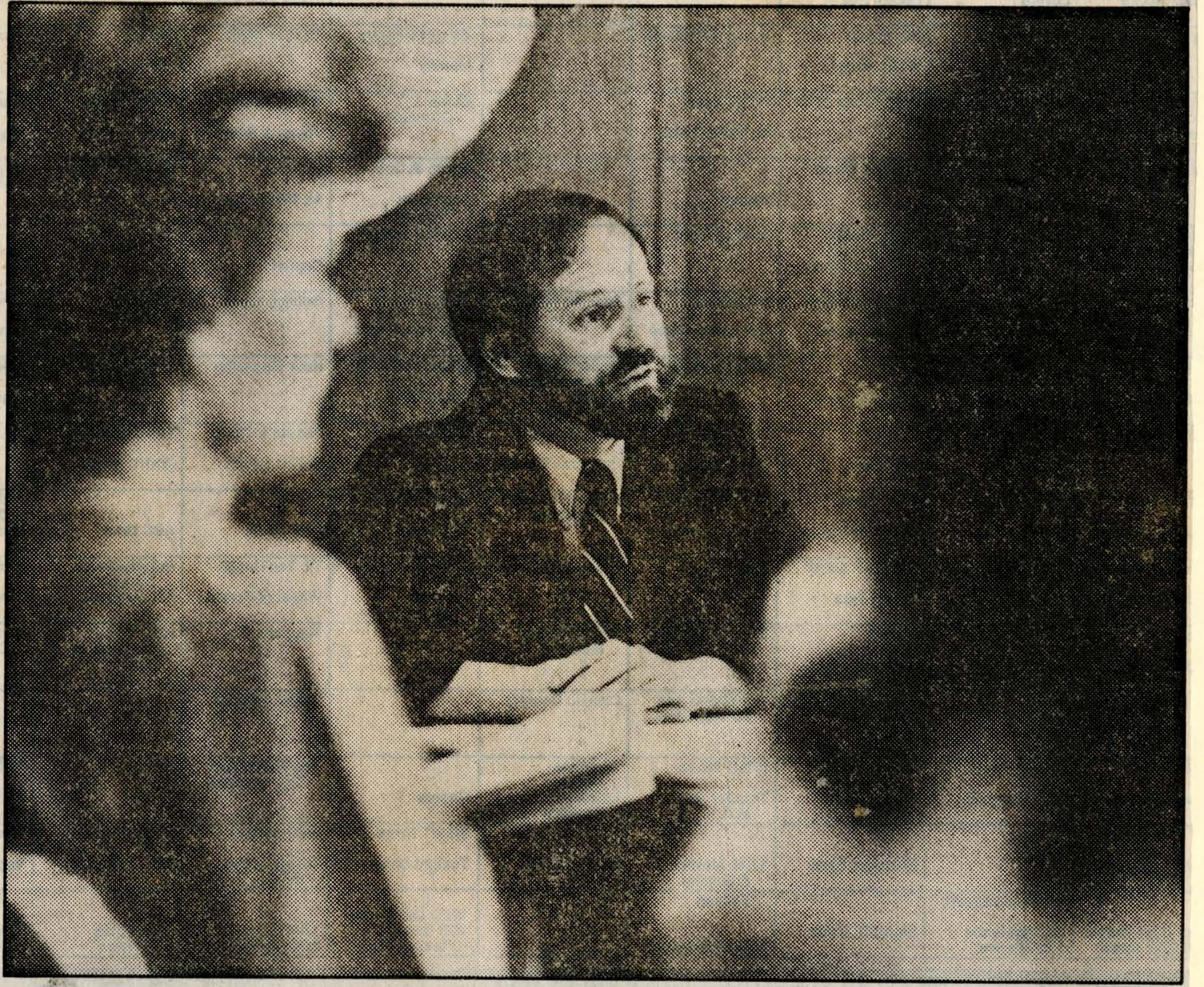

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The Tribune, New Albany, Ind., Wed., May 30, 1984

Judge Denies Discrimination Suit

U.S. Judge James E. Noland has entered a judgment in favor of the South Central Indiana Council for the Aging and Aged, Inc., and against a former Council Employee, Charles S. Ighagbon, who had filed a suit in the New Albany Division of the Court alleging he was discriminated against in the course of his employment.

The Court's formal decision was sent here today for the record. It held, "It is ordered and decreed that the plaintiff Ighagbon take nothing from the defendant," and that he be assessed the costs in the case.

In his memorandum of decision, Judge Noland reviews briefly the allegations of the ex-employee, who was asking an injunction, by way of damages, because of his race and allegedly having been discriminated against because of race.

He is a black male of Nigerian descent, the Court states, and "he is not a citizen of the United States," but adds "at the time of this employment his status was considered that of a permanent resident."

The plaintiff, in his complaint, set forth four specific acts of alleged discrimination. First, he asserted that he was discriminated against as a part-time Personal Care Assessor. Secondly, he alleged that he was discriminated against in regard to certain issues relating to his alleged appointment as a Title XX Coordinator. Specifically, he contended that he was discriminated against because his pay was not commensurate to that of others who had functioned as Title XX Coordinator. He also contended in his complaint that he was discriminated against when, in October of 1980, Sherrill Zimmerman was appointed to the Title XX Coordinator position. He contended she was less qualified than he was for the position.

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THURSDAY, MAY 31, 1984

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

'Carrier Alert'

New Service For Elderly Set

The South Central Indiana Council for the Aging & Aged, Inc. and the National Association of Letter Carriers, Branch 553, of the Jeffersonville Postal Service announced a new service to senior citizens who live alone — "Carrier Alert."

Letter carriers have traditionally been concerned about their patrons in ways other than just delivering their mail, council spokesman and program developer Nancy Shiner said. "They tend to become 'extended family,' especially if they deliver mail in one area for a long period of time," she said.

As medical problems increase and mobility decreases, the elderly become more isolated. They grow older and their families move out, but they value their independence and probably stay in the "home place" longer than is practical, Ms. Shiner noted.

"The home place has a familiarity and memories that are hard to part with," she said.

The Carrier Alert program is a "safety net" designed to help just such a person. It offers reassurances that if a day's accumulation of mail is found in a mail box, a contact will be made to check on the person.

In the next few weeks, letter carriers and staff of the Council for the Aging will be enrolling senior citizens in this program. The senior citizen who wishes to be placed on the Carrier Alert program will complete a card with information on those who are to be contacted in the case of an emergency. The cards are available by calling 948-8330 and all information will be kept confidential, Ms. Shiner pointed out.

Upon receiving the card, the council will process the information and alert the letter carrier in that person's area. The carrier will then complete the enrollment process and contact the council any time a day's accumulation of mail is found in the mail box.

Once the letter carrier has made the phone call, the responsibility becomes that of the Council for the Aging. The council will begin checking this "alert" by calling the individual, a relative or a neighbor listed on the registration card. If the council cannot contact one of the persons listed on the card, an appropriate emergency *measure will be taken.*

The Carrier Alert program has been functioning in New Albany for two years with approximately 100 people enrolled. During that period, the council has had two "alerts," both of which involved persons who had entered the hospital and had not asked anyone to pick up their mail.

"The program does work and offers peace of mind to those persons participating," Ms. Shiner said.

Registration will begin Friday.

WEDNESDAY, JUNE 6, 1984

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

REGISTERS FOR NEW SERVICE — Marie Montgomery, 1622 Brigman Avenue, Jeffersonville, was the first area resident to register for the "Carrier Alert" program sponsored jointly by the Council on the Aging and Aged, Inc. and the Jeffersonville branch of the Postal Service. Under the program, senior citizens living alone will have the assurance that both agencies will be checking on them in the event an emergency is suspected. When mail carriers find one day's accumulation of mail in the participant's mail box, the council will be notified and a check will be made to make sure the senior citizen in question is all right. Postal carrier Damon Moses effected the first registration.

Staff Photo by Gary L. Bogdon

Postal carrier Jackie Kappell talked through a storm door with one of the elderly people in New Albany she checks on as part of the "Carrier Alert" program started two years ago by the South Central Indiana Council for the Aging and Aged. Seventy-five people have signed up.

'Carrier Alert' . . . Volunteer postal carriers give comfort to elderly even if they rarely have any mail to deliver

By JUDITH EGERTON
Louisville Times Staff Writer

She is 94 years old, alone and feeble. The only person she sees regularly is Jackie Kappell, her mail carrier.

Ms. Kappell stops at the house every day even though the woman receives mail only about twice a month. One day last week, she chatted briefly with the woman who had been sitting at her front door awaiting the carrier.

"It's going to be a hot one today — do you have a fan?" Ms. Kappell asked as she passed a small brown bag through the door.

"There's some lemonade, maybe that will cool you off," she said.

The alertness of a postal worker can make a life-and-death difference to an elderly person living alone. That's why the South Central Indiana Council for the Aging and Aged started a "Carrier Alert" program two years ago in New Albany. Seventy-five people have filled out cards.

The program worked so well that it is being expanded to Clarksville and Jeffersonville.

Postal workers ask older people to fill out cards containing their addresses, phone numbers, medical problems, and doctor's phone number. The cards also include the names and numbers of relatives who can be called in case of an emergency.

The council keeps the cards on file. If a carrier notices that mail is beginning to pile up in the box of an elderly or disabled person, he calls the council, which sends someone to check on the resident.

In Louisville and Jefferson County, a similar program has existed for about nine years. It is jointly sponsored by the U. S. Postal Service and the Jefferson County Office for the Aging.

"We don't have many cases [alerts] but when we do, they're serious," said Charles Dibowski, director of the office.

Since the program started in New Albany, there have been only two alerts, said Nancy Shiner, a program developer for the council. In each case, the person had gone to the hospital and had not notified the post office.

Kenneth Wiseman, a postal carrier for more than 20 years, pushed for the program in New Albany after a woman on his route died of a stroke and her body was not discovered for several days, Ms. Shiner said.

Jeffersonville Postmaster Jerry Brown said carriers support the program, which is strictly voluntary. He

See **'CARRIER ALERT'**
Back page, col. 5, this section

'Carrier Alert' brings comfort to elderly

Continued from Page One

said carriers have always looked out for their customers.

"A letter carrier is a logical person to check on the elderly," and if they suspect a problem they'll have someone to contact, he said.

The "Carrier Alert" program is a needed link to emergency assistance for those living alone, Ms. Kappell said. "If she fell or something, I would know. And then I could call the council who would send someone over," she said.

That communication link is one that the elderly appreciate.

"When you are alone, you feel a lot better knowing someone is looking out for you," said a 70-year-old Jeffersonville widow who recently enrolled in the program.

For more information about the program call Ms. Shiner at 948-8330 in New Albany, or the Jefferson County Office of Aging at 581-6400.

The Tribune, New Albany, Ind., Thurs., June 14, 1984

Air Conditioners To Be Given To The Needy Are Stolen

A local agency participating in a drive to secure fans and air conditioners for aged or handicapped persons suffering the effects of hot weather reported the apparent theft of eight air conditioning units from a storage area at a county address.

County police said Pat Jewell, a spokesman for the South Central Council for the Aging and Aged said the one-room units were missing from a location in the 3900 block of Chapel Lane where they had been stored. Police were told that the loss was $2,240.

"We're sick about it," Jewell, executive director of the Council, told a reporter. "We had already had a number of requests for the air conditioners and had gone out there to pick them up."

She said the units were insured but the delay in distributing them would definitely hurt the program.

It is the second year for the council's efforts to get air conditioners and fans to the sick and elderly. "Last year we were distributing them on a basis of medical need only," Jewell said. "For example, we had one resident who was hospitalized and was released to go home only because we could furnish them with an air conditioning unit."

New Albany couple has long record of service to their parish

by Dorothye LaGrange
New Albany Deanery Correspondent

For Edgar and Eustacia Day, their good relationship with Our Lady of Perpetual Help Parish in New Albany goes back a long time. To 1951, in fact, when the parish opened its doors. For most of his 75 years, Edgar has been the proverbial pillar of his church and community. His list of accomplishments and contributions would still be impressive if it was divided among several men.

But Edgar was eager to share the spotlight of this story with Eustacia (Stacia), his wife of 49 years. "I'd rather it be about both of us together," he said. "Stacia has done a lot herself, and she has been a big part in my life."

Theirs has been a joint venture, not only in life, but in their church and community as well. Married 49 years, the Days have three children—Edgar Jr., a research chemist for Eli Lilly in Indianapolis; Ray, a watercolor artist and an art instructor at Providence High School in Clarksville; and Joanne Gastineau, a homemaker and the mother of two daughters.

A former private businessman, with his brother, Edgar owned and operated Day Lumber Company in New Albany for nearly 30 years before retiring in 1977. Since then, he has given even more time to his church and to civic affairs.

AS MANY parents do, the Days began their community and parish involvement as their children started their activities. From that point on, their activities "grew like Topsy," according to Edgar. Stacia was a den mother and Edgar was on the scout committee, as well as being members of the band parents and PTO clubs. Edgar Jr. played trumpet with the marching band at St. Xavier High School in Louisville and later at the University of Notre Dame. "We made all the Notre Dame football games," laughed Edgar.

An active member of the Knights of Columbus since 1952, when Edgar Jr. joined the Squires, Edgar, Sr., has been a Fourth Degree Knight since 1954 and has also been faithful navigator.

He served the Knights as district deputy for four years and was a delegate to the Supreme Convention in New York City. He was elected state warden in 1981, and has been chairman of the annual Tootsie Roll drive.

Edgar was president of the New Albany Deanery Council of Catholic Men at the same time that Stacia was president of the Deanery Council of Catholic Women. Stacia was also archdiocesan president of the National Council of Catholic Women in the mid-1960s, and she has served as president of the Madonna Circle at Our Lady of Perpetual Help.

AS PART OF her job as archdiocesan president, she was on the board of Muscatatuck State School to help guide the building of the chapel there. She is a lifetime member of the archdiocesan council and still enjoys going to their meetings in Indianapolis. She was also one of the first officers of the Providence Guild at Providence High School.

With the end of her term as archdiocesan president, Stacia looked to civic involvement rather than church work, so she joined the auxiliary at Floyd County Memorial Hospital in New Albany. She has since amassed 5,000 hours of volunteer work there.

She is presently co-chairman and treasurer of the hospital gift shop, which she helped to open. Health problems in June 1982 forced her to start curtailing many activities, but her hospital work is second nature, she said.

Edgar's involvement at Our Lady of Perpetual Help began when founding pastor Father Richard Langan bought a post for a mailbox at Day Lumber. "I wouldn't let him pay me," Edgar recalled. "I told him that was my first parish donation." Edgar went home and told Stacia he'd just met the new pastor and figured he had a new job in the parish. And he did. He spent six years as an usher—five of them as chairman. In the years since, he has been president of the Men's Club and the parish council, and festival chairman.

"DAD HAS served on every committee at Our Lady," said his son Ray. "The interesting thing about him is that he never ruffled feathers. He is a nice, quiet gentleman with a tremendous amount of goodness in his heart. He goes out of his way to help and doesn't fuss or gripe. That is the thing that people admire."

Father James Sweeney appointed Edgar a lay minister in 1975. He also named him plant manager of the church. "Father told me if I saw anything that needed to be done to do it," said Edgar. That was all the instruction he needed.

He saw that iron doors on the back of the church were replaced by using donations from the Men's Club and asking a parishioner to do the brick work. He was also instrumental in getting a false ceiling installed in the church basement and putting a meeting room in the rectory basement.

Edgar engineered the installation of air conditioning in the church in 1981. "He didn't know anything about doing it, but he got in touch with people who did and spent the summer overseeing the project as the parishioners did the work," said Stacia. "He spent more time at church that summer than he spent at home."

Edgar and Eustacia Day

A HIGHLIGHT of his years at Our Lady was the naming of a meeting room "Edgar Day Hall" in his honor. The certificate he was given at that time states that he was being "honored for years of dedicated service and participation in the forming, building and year-to-year operation of the parish."

"This was a surprise that brought him to tears," said Ray. "He could not believe that someone would do that for him."

During the 1950s and 1960s, Edgar worked on the Providence Fall Festival as secretary and chairman. He still sells dinner tickets for the spring festival at Providence High School. He is such an accomplished festival veteran that he processes the mail for the grand prize at the Mount St. Francis festival each August.

A daily communicant, Edgar went to 6 a.m. services, but since his retirement he has attended at the late hour of 7:30 a.m. If a priest isn't available, Edgar, a lay minister, takes on the responsibility.

In 1966, Edgar was given the St. Thomas More Award for exceptional service to the lay apostolate. At that time, he was secretary for the Archdiocesan Council of Catholic Men.

Edgar has served on the Salvation Army Advisory Board in New Albany for the past 17 years and has helped count the kettle money at Christmas for the past eight years. He is also a member of the Service Corporation of Retired Executives (SCORE), a group which offers advice to young area businessmen.

A member of the board of directors for the South Central Council for the Aging and Aged, he was asked to serve on the RSVP board of directors, to represent the South Central Board in helping to write the "Criteria for Candidates" for a superintendent of schools brochure. He and Stacia served as delegates for the fourth biennial Older Hoosier Assembly. He was chosen "Older Hoosier of the Year" for Area 14, representing the South Central Indiana Council for the Aging and Aged.

Edgar's philosophy as a businessman and as a Catholic was "to be involved, if you are going to work in the community." Applying that philosophy, he joined the New Albany Chamber of Commerce and served two terms as director of that organization.

During that time, the mayor of New Albany asked him to serve on the Alcoholic Beverage Board. "I had 19 reasons to say 'No,' but he said he needed me." Edgar still serves on that board. He is also a charter member and former co-chairman of the Mayor's Prayer Breakfast Committee.

Edgar has been the deanery chairman for the Archbishop's Annual Appeal since its beginning. He has also been selected to represent the eucharistic ministers of Our Lady of Perpetual Help at the June 3 sesquicentennial Mass.

Still a very active man, Edgar has no real notion of retiring from his activities. "I'd like to, but if you see something that needs to be done, you have to do it," he said.

Edgar sees his parents as a great inspiration in his life. Devout Catholics, "they went to 7:15 Mass each Sunday and if one of his four sons was serving 10:00 Mass, my father went back to that Mass. I never heard him use a bad word.

"I was taught that the only gospel that your neighbor might ever see or read is your life. An old riverboat captain who lived across the street once remarked to our neighbor, 'No matter what the weather, those Day kids go to church on Sunday.' Our parents were a great example."

The Days agree that they have been blessed with each other and their children. "The Lord blessed us and we are able to cope with whatever problem that came up," said Stacia. Edgar added, "We had our ups and downs, but we got over the downs and stayed up."

Governor Robert Orr has proclaimed the month of May as 'Older Americans Month'. Two local residents, Ethel Shirley, left, and Mildred Collings, right, visited the capital ceremonies on Monday as representatives of the Scottsburg Senior House. A parade was held around the capital as part of the activities for the day.

A visitor to the Scott County Public Library, Jayne Williams, is pictured admiring the crafts made by Senior Citizens from the Scottsburg Senior House which was on display recently.

WEDNESDAY, JUNE 20, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

Meeting Held At Ken Ellis Center

Jeffersonville Chapter 1837 of the American Association of Retired Persons held a meeting at the Ken Ellis Senior Opportunity Center with Geneva Brogan presiding.

The Lord's Prayer was repeated in unison, followed by the pledge to the American flag. The secretary and treasurer reports were given by Anna Belle Cusick and Robert Moore and correspondence were read. The correspondence included a letter from the South Central Indiana Council on Aging and Aged, Inc. asking for the sponsorship of a member for the senior queen contest, scheduled for June 29. Ruth Kirkman was selected. An open invitation was extended to all members interested in attending the 50th wedding anniversary celebration for Karl and Ruth Kirkman.

Membership chairman Alma Bottorff introudced new members Bernice Hagest, Evelyn Walker and Ann Zobel. Marian Glinn, social concern committee member, reported on ill members, Rev. Robert Rogers, Rebie Lentz, Ruth Wenning and Area Hilliard.

A report was given on upcoming trips. Lorene Repp reported on the national convention held in St. Louis, Missouri which was attended by over 7,000. The keynot speaker was vice-president George Bush.

Jack Brogan, legislative chairman, gave a report and questionnaires were filled in by the membership in regards to the needs of the elderly to be presented to the next legislative.

Mildred Tatlock, co-program chairman, presented Corky Asporte, superintendent of the Jeffersonville Parks. He reported on a cruise on the Bonnie Bell, scheduled for June 26 and two trips planned for Spring Mill State Park.

Following the meeting the social committee, consisting of Edith Collins, Mildred Gleason, Frances Goodwin, Muriel Martin and Flora Woodruff, served refreshments.

Those attending were Messrs. and Mesdames Jack Brogan, Francis E. Cusick, Paul Falkenstein, Karl Kirkman, Byron Reed and Ermine Tate. Others attending were George E. Bere, W. E. Gibson, Robert Moore, Millard Tharp, Frances Beard, Vonda Bridwell, Alma Bottorff, Frances Clapp, Helen Comer, Edith Collins, Lorine Dodd, Marian Glinn, Frances Goodwin, Mildred Gleason, Bernice Hagest, Dorothy Hendren, Rosalie Henderson, Thelma Henderson, Lucille Knear, Della Landers, Muriel Martin, Helen I. Morris, Alice Murley, Helen Newkirk, Louise Payne, Norma Pirtle, Lorine Repp, Melvina Shanklin, Imogene Stanley, Ruby Schnieter, Mildred Tatlock, Evelyn Utley, Evelyn Walker, Flora Woodruff, Allean O. Weber, Ann Zobel, Corky Asporte, Trini Mayflower and Martha Renn.

THE COURIER-JOURNAL, THURSDAY, JUNE 14, 1984

Agencies offer appliances to help poor, elderly beat dangerous heat

By **JUDY BRYANT**
Courier-Journal Staff Writer

It didn't take long for Mother Nature to shed her sweet springtime disposition and transform the Southern Indiana landscape into a sweltering summer inferno.

With the official start of summer still several days away, the mercury is already climbing above 90 degrees with an alarming regularity.

For the poor and the elderly — *indeed for anyone without access* to an air conditioner or fan to help stay cool — the early onset of hot, steamy weather may be more than uncomfortable.

In extreme cases, the situation can be fatal.

And area social-service agencies in Clark and Floyd counties are urging those who qualify for assistance to apply now for one of several fans and air conditioners that are being lent to senior citizens or to anyone with health problems.

Last summer several people died in Louisville of heat-related factors. Some of the victims had health problems that were aggravated by high temperatures. Others lived alone and were afraid to leave doors or windows open despite the heat.

The local tragedies and similar incidents across the country prompted area social services to pool their resources to stave off the ill effects of heat, humidity and unheathful pollutants.

But the supply of cooling appliances already is dwindling and donated fans or money to purchase new equipment is being solicited.

"We've got 30 requests for air conditioners," Nancy Shiner, a program developer for the Southern Indiana Council on Aged and Aging in New Albany, said yesterday.

She said "there's no way" they can meet that demand.

Program administrators in both Clark and Floyd counties request a physician's statement or permission to contact the applicant's physician to verify medical need for those who are not senior citizens. The elderly do not need medical statements to apply.

Most of the agencies are lending 120-volt appliances to keep electrical costs low.

In Floyd County, five local agencies have teamed up to accept applications from residents who need

See AGENCIES
Back page, col. 1, this section

Staff Photo by Gary L. Bogdon

Some relief from the heat arrived yesterday for Mary Watson, 65, of Jeffersonville, by way of Freda Hunter-Hammonds of the Hoosier Valley Economic Opportunity Corp.

Agencies help beat the heat

Continued from Page One

fans or air conditioners. Each application will be evaluated and individuals with the most pressing needs will be served first.

The Floyd County group has established an account at Mutual Trust Bank in New Albany to accept donations to purchase additional equipment.

Checks should be made out to the Allied Seasonal Assistance Program and mailed to the bank. During the winter months, the donated money will be used to purchase blankets or coats to help residents stay warm.

In Clark County, the summer assistance program is administered by the Hoosier Valley Economic Opportunity Corp., which also has air conditioners and fans to lend.

Savannah Crumes, assistant supervisor of the Hoosier Valley's outreach program, said the agency helped about 65 residents last year and "could have done more" if enough fans or air conditioners were available.

"We just do the best we can and try and help as many as we can," she said.

Extreme heat poses a particular problem for senior citizens with heart or respiratory diseases that can be aggravated by heat and humidity.

Officials advise residents without fans or air conditioners to take precautions to minimize the heat's effects. They caution against cooking large meals at noon and unnecessarily raising the temperature inside the home. They also suggest elderly residents rest often and avoid strenuous activity during hot weather.

Although some cooler temperatures may be in store during the next few days, the National Weather Service says this month could become one of the hottest in 30 years, if the current heat wave continues.

And a hot June traditionally foretells more bad news, according to Norm Reitmeyer at the National Weather Service.

"Looking at the records of past June months that were hot — and this one isn't over yet — hot Julys generally follow hot Junes."

But Reitmeyer said the records also seem to indicate that two hot months would be followed by several breaks of cooler temperatures in August.

Here is a list of agencies in Clark and Floyd counties to apply for summer assistance or to donate equipment:

Floyd County — The American Red Cross or the Family Services Bureau, both at 117 E. Market St.; the Southern Indiana Council on Aged and Aging, 134 E. Main St.; Floyd County Community Action Agency, 1636½ Slate Run Road, Suite 2; and the Salvation Army, 1333 Bono Road, all in New Albany.

Applications will be taken Monday through Friday from 9 a.m. to 4 p.m. For more information, contact the Community Action Agency at 945-2349.

Clark County — The Hoosier Valley Economic Opportunity Corp., in the basement at 515 Spring St., Jeffersonville. For more information, call 283-4128.

The Tribune, New Albany, Ind., Wed., June 20, 1984

Stolen Air Conditioners Leave Many In Need Still Waiting

By DALE SANDUSKY

They're waiting.

-A 62-year-old woman with muscular dystrophy and her husband, 76, with arthritis, both of them wheelchair-bound and totally helpless.

-A woman, age 70, who is suffering from emphasema, lupus and chronic pulmonary obstruction, a lung disorder that makes it difficult to breathe.

-Another woman, age 63, with asthmatic bronchitis and pulmonary obstruction disorder.

-A 67-year-old woman with arthritis, heart problems, asthma and high blood pressure.

All would have gotten air conditioners under the Allied Seasonal Equipment Program except for a recent theft of stored air conditioners belonging to the South Central Council for the Aging and Aged, according to Pat Jewell, executive director of the Council.

Eight air conditioners which had been stored at a home in the 3900 block of Chapel Lane were found to be missing when Council workers went there June 11 to pick them up for distribution.

Although the units were insured, the processing of the insurance claims has delayed for at least two weeks the distribution of the air conditioners to cases such as those listed by Mrs. Jewell.

"We have some pretty pitiful cases. The husband and wife who are both restricted to wheelchairs are totally helpless," she said. "When the wife called us to apply for an air conditioner, she had difficulty even speaking."

Mrs. Jewell said the insurance coverage will allow the replacement of at least six of the eight stolen units. But the Council still loses at least two units because they were purchased last year at costs and cannot be replaced with the insurance refund. She is also worried because of the time lost in getting the air conditioners to persons that really need them.

The Council is making fans and air conditioners available to elderly and handicapped persons for the second year, but this year it has joined with a number of other local agencies such as the Floyd County Community Action Agency, Salvation Army, Red Cross and Family Service Bureau in a combined effort called the Allied Seasonal Equipment Program.

One of the Council's last available units went to a terminally-ill cancer patient, Mrs. Jewell said.

That case was but one of a number of extremely needy applications received by the Council, she said. "It has come to the point that you could just toss them up in the air and see which one comes down first."

Mrs. Jewell said an appeal by the agencies joining in the effort has resulted in $1,700 in donations to buy fans and air conditioners. She said the city of New Albany donated three air conditioners and that the General Electric Co. has expressed interest in providing air conditioners for the program at cost less contractor's discount.

But she is especially concerned at getting the air conditioners to the people that need them as quick as possible. She also hopes that anyone with any information about the air conditioners that were stolen will come forward to volunteer that information to police.

THE BANNER-GAZETTE, Wednesday, June 6, 1984

Carrier Alert program expanded to Clark County

The South Central Indiana Council for the Aging & Aged, Inc., and the National Association of Letter Carriers, Branch 553, of the Jeffersonville Postal Service announce a new service available to senior citizens in the Jeffersonville-Clarksville area. The service is called Carrier Alert.

Letter Carriers have traditionally been concerned about their patrons in ways other than just delivering their mail, according to a spokesperson with the Council for the Aging. They tend to become "extended family," especially if they deliver mail in one area for a long period of time.

As medical problems increase and mobility decreases, the elderly become more isolated. They grow older and their families move out, but they value their independence and probably stay in the "home place" longer than is practical. The "home place" has a familiarity and memories that are hard to part with.

The Carrier Alert program is a safety net designed to help just such a person. It offers a reassurance that, if a day's accumulation of mail is found in a mail box, a contact will be made to check on the person.

In the next few weeks, letter carriers and staff of the Council for the Aging will be enrolling senior citizens in this program. The senior citizen who wishes to be placed on the Carrier Alert program will complete a card with information of those who are to be contacted in the case of an emergency. The cards are available by calling 948-8330. All information will be kept confidential.

Upon receiving the card, the Council for the Aging will process the information and alert the letter carrier in the person's area. The letter carrier will then complete the enrollment process. After the process is completed, the letter carrier will call the Council for the Aging any time a day's accumulation of mail is found in the mail box.

Once the letter carrier has made the phone call, the responsibility becomes the Council for the Aging's. The Council will begin checking this "alert" by calling the person himself, a relative, or a neighbor listed on the Carrier Alert Registration Card. If the Council cannot contact anyone, then an appropriate emergency measure will be taken.

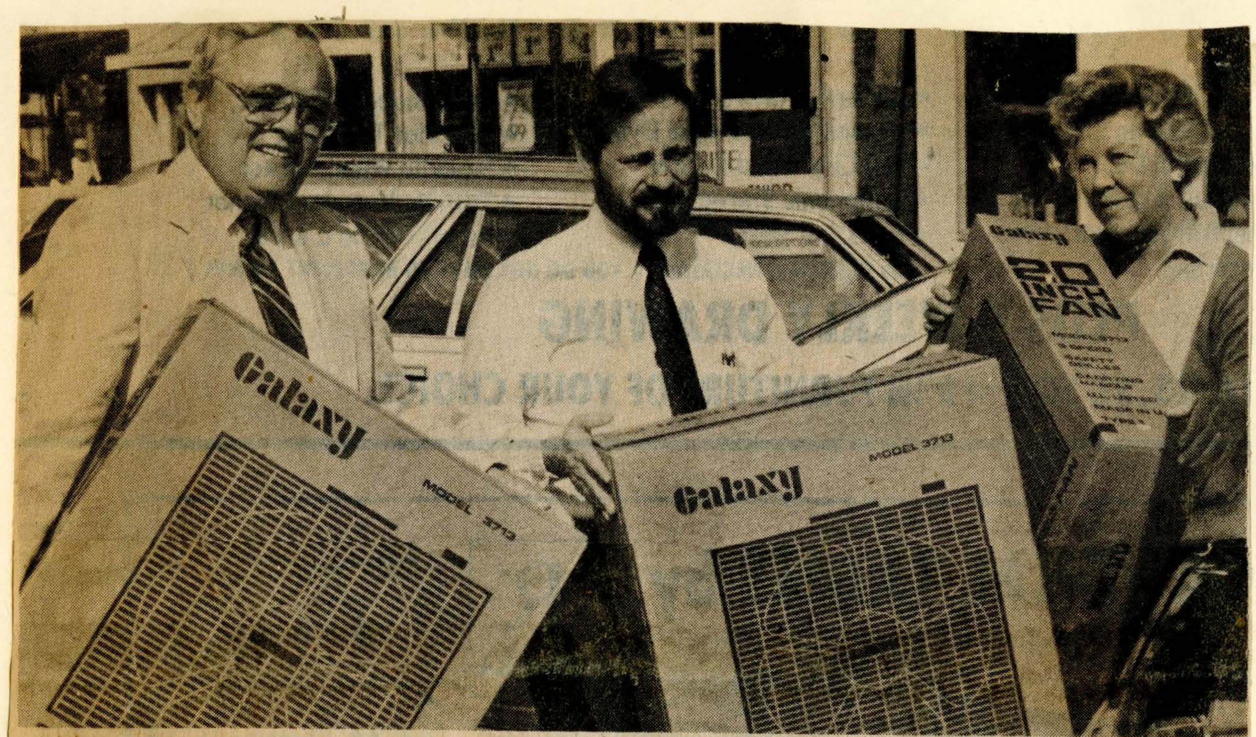
The Carrier Alert program has been functioning in New Albany for two years with approximately one hundred people enrolled. In that period, the Council has had two "alerts," both of whom had entered the hospital and had not asked anyone to pick up their mail. The program does work and to those enrolled in it, it does offer peace of mind.

For further information on the Jeffersonville-Clarksville Carrier Alert, contact Nancy Shiner, program developer, at 948-8330. Registration will begin June 1.

'84 Senior Queen
Contest

96

The Tribune, New Albany, Ind., Fri., June 15, 1984



KIWANIS HELPS BEAT THE HEAT — The New Albany Kiwanis Club has donated five window fans to the Allied Seasonal Assistance Program (ASAP) here. This is the program where the combined agencies, American Red Cross, Family Service Bureau, Floyd County Community Action Agency, Salvation Army and the Council Aged and Aging to ensure that no one in Floyd County who is either elderly, very young or with medical complications suffer unnecessarily from summer heat or winter chill. The group is seeking a fund raising effort to purchase fans, air conditioners and heaters to loan out to eligible individuals during times of temperature emergency. Unloading five fans from left, Ernie Eiler, president elect of New Albany Kiwanis, Ron Gaddie, chairman of ASAP Task Force, and Mary Ann Carnighan, Family Service.

(Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Mon., June 25, 1984

HE'S READY — Although the heatwave has been temporarily broken, area residents know that there'll be plenty of uncomfortable days in July and August. Clarence Williams and his family of 1611 King St., will be better able to handle the heat and humidity since he received the loan of an air conditioner through the Allied Seasonal Program Task Force. The group makes it possible for those in need of air conditioners or fans to have them during the summer months. Members of the task force made the delivery to Williams' residence last week. From left, are Joe Hilton, Floyd County Community Energy Director; Mrs. Clarence Williams, resident; Ron Gaddie, chairman of Allied Seasonal Assistance Program; Jo Ann Andres, representing the Mayor's office; Pat Jewell, director of the Council for the Aging; and Mary Carnighan with Family Services.

(Tribune Photo by Beverly Tully)

THE LOUISVILLE TIMES
THURSDAY, JUNE 21, 1984
PAGE A7
INDIANA, KENTUCKY NEWS

Air conditioners meant for elderly are stolen

By CLAY RYCE
Louisville Times Staff Writer

Temperatures in the 80s and 90s and high humidity are not pleasant for most people, least of all older persons who are sick and need to spend time inside in air-conditioned rooms.

The South Central Indiana Council for the Aging and Aged last year obtained eight window air conditioners for that purpose. The money for them had been donated.

But this year the agency is without them.

The air conditioners were stored over the winter in a house on Chapel Lane in New Albany, and when someone went to get them this month, they were gone.

"I turned as white as the paper I was working on when I heard about it," said Pat Jewell, executive director of the council.

The value of the units was listed at $2,240. The agency has insurance coverage to replace at least six of them, but the claim cannot be processed fast enough.

Mrs. Jewell said she already has applications from older persons who having breathing problems or, in the case of a man and his wife, are in wheelchairs.

Deciding who gets an air conditioner first is difficult, she added.

"You could throw the applications up in the air and take any one that landed on the floor," Mrs. Jewell said.

She is hoping that whoever took the air conditioners feels guilty and returns them. She said the agency has the serial numbers and also has its name on each.

This spring the Council for the Aging and Aged joined four other agencies — the Floyd County Community Action Agency, Salvation Army, Red Cross and Family Service Bureau — in a program called Allied Seasonal Assistance Program.

The five social service groups banded together to provide fans and air conditioners to older persons, people with handicaps and poor persons with young children. Their action was prompted by last summer's heat wave. Although no known deaths from the heat occurred in Floyd County, the agencies want to make sure none do in future heat waves.

Mrs. Jewell said that so far the program has collected $1,700 in donations and three air conditioners from the city of New Albany. The St. Vincent de Paul Society also has promised to donate fans, she said.

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, July 18, 1984

Senior citizens' day at state fair will be Aug. 23

Area 14 Day at the Indiana State Fair will be Thursday, Aug. 23, according to an announcement by the South Central Indiana Council for the Aging and Aged Inc.

All persons 60 and older (and residents of Harrison, Floyd, Clark and Scott counties) are invited to travel with the council to Indianapolis. Air-conditioned buses will leave various pick-up points at 8 a.m. (EDT) and will return at about 5 p.m.

The trip fee of $12 includes transportation and a ticket to the fair; it does not include meals. The trip fee will be accepted at the council's main office, 134 E. Main St., New Albany, on Aug. 1, 2 and 3. The fee cannot be returned.

For reservations or more information, contact Nancy Shiner at 1-948-8330.

THURSDAY, SEPTEMBER 6, 1984

Ken Ellis Senior Opportunity Center Plans Activities

The Ken Ellis Senior Opportunity Center has several activities planned for the month of September for anyone 60 or older. The Ken Ellis Center, open to the senior citizens Monday through Friday from 10 a.m. to 3 p.m., is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

Monthly trips scheduled include September 11, a trip to Hubers Orchard, Starlight and September 24, a shopping trip to the Louisville Galleria. Trips planned for October include Nashville, Indiana and the Cherry House in Lagrange, Kentucky.

The monthly dinner is scheduled for September 20.

THE INDIANA WEEKLY, WEDNESDAY, JULY 25, 1984

An **eight-day trip to Vermont** and other areas will be sponsored Sept. 16-23 for senior citizens by the New Albany-Floyd County Parks and Recreation Department. The cost is $605 and includes transportation by motor coach, accommodations, eight breakfasts, one lunch, four dinners, a cocktail party and several tours. A professional tour guide and local tour guides will be provided.

A $50 deposit is due upon registration and the balance, by Aug. 3. For more information, call the parks department at 948-5360.

THE LOUISVILLE TIMES
WEDNESDAY, JULY 25, 1984

The South Central Indiana Council for the Aging and Aged Inc. has begun the search for the recipient of the 1984 Area 14 **Older Hoosier of the Year Award.** The purpose of the award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service.

The area winner will compete for the state's Older Hoosier of the Year Award to be presented later this year during the annual banquet of the 1984 Governor's Conference on Aging in South Bend.

The person selected must be 65 or older, be a resident of either Clark, Floyd, Harrison or Scott County and have a record of community service. All clubs and organizations are invited to submit a member for consideration. For information or an application, call Nancy Shiner at 948-8330. The deadline for applications is Aug. 15.

Indiana social service agencies get tips on sharing services, funds

9-15-84

By RONNI LUNDY
Louisville Times Staff Writer

Four Southern Indiana social service agencies provide transportation for groups.

Some transport handicapped children in school buses. Some take elderly people to the doctor in vans. Each agency needs money to finance services and equipment. And each has applied for federal funding within the last two years and been turned down.

Frank W. Davis, professor of marketing and transportation at the University of Tennessee and a national expert on mass transportation, came to Sellersburg Thursday to offer advice on how to get that money.

Davis gave ideas about ways to coordinate services among transportation agencies. Linda Eads, transportation planner for the Kentuckiana Regional Planning and Development Agency, said a lack of coordination is the reason the four agencies have been turned down before. Ms. Eads' department advises the agencies.

"We haven't had a lot of success in applying for grants before because none of the agencies could justify working together in their applications. Now maybe we'll be able to look at that a little more creatively," Ms. Eads said.

One of Davis' suggestions involved a commuter-subsidized ride-sharing program. Another involved combining trips to include users from several agencies in one vehicle.

"Say you've got a van that has only five people in it. What's the cost of putting five more in? So pick up five elderly people from one group, five handicapped from another," Davis suggested.

But Ms. Eads said coordinating may not be so simple.

For instance, she pointed out that Rauch Rehabilitation and Developmental Services in New Albany offers service along a fixed route using school buses, while the Council for Older Americans, also in New Albany, uses a van to pick up its users on call.

The New Hope Center and the Hoosier Valley Economic Opportunity Corp., both of Jeffersonville, are the other agencies.

"It doesn't make any sense to send out a 40-capacity school bus when you're going up in the Knobs to pick up three elderly people," Ms. Eads said.

But it does make sense for the four agencies to make their next application for federal funding together, Ms. Eads said, and that is what they will do.

She said the agencies will also try to establish "an ongoing sharing of planning, management and, ultimately, vehicles." And Ms. Eads said that the agencies will be looking for ways to increase use of their services in time periods that are now unused.

Davis said that he sees the utilization of wasted capacity as the next logical step in expanding services.

"The state of taxes, the state of the economy is such now that we are not going to see much money coming forth for new programs in the future. Instead we will hear government saying where are the resources already that we can utilize," Davis said. "The spirit of competition among those offering services, the new economic realities are such that new ideas are going to have to be tried. After all, nothing clears the mind for new ideas like the guillotine."

SENIOR CITIZENS SUPPLEMENT
THE TRIBUNE - JULY 1983

Council On Aging Offers Wide Variety Of Services

The South Central Indiana Co Ag 11 pr th C S h S s f

their own homes and out of stitutions. The Personal Care ssessors evaluate the needs of elderly person and then link e needs with the community rvices which will meet the eds. This might include gning the person up for other tle XX programs, assisting th applications for food amps, social security, SSI, c., and by escorting the uerly to these services or ranging for transportation.

The Homemaker-Handyman rogram serves people who e unable to take care of their own homes and includes housekeeping, minor home repair, weatherizing, carpet shampooing, etc.

The Title XX is involved in the Project SAFE and Helping Hand outreach. This ensures that all elderly who are eligible for the low-income fuel assistance programs receive them.

Finally, the Nursing Home Pre-admission Screening, a process designed to determine what type of social and medical services are needed to maintain an individual's health and well-being, is under Title XX. Anyone who makes application to a nursing home will have to be prescreened. A comprehensive assessment of a person's functional, health, environmental, and psycho-social status is made and the service needs of the individual. Those established needs are then compared with what services are available within the community and how much they will cost. If the cost is more than 75 percent of the monthly nursing home cost, the person is admitted to the nursing home. If under 75 percent, an attempt is made to link the individual up with the needed services.

The Health Services Program offers screening for high blood pressures once a month at each of the 16 Nutrition Sites by a trained person. Health education programs and seminars are held.

The Council funds Legal Services Organizations to provide legal services for older persons.

Other special programs have included Older Hoosiers Law Day; the 1983 Older Hoosier of the Year Award given to Ruth Bledsoe; legislative seminars; Small Claims Court presentation; the 1984 Senior Queen Contest, won by Pearl Torstrick; Social Security programs; a grocery shopping survey taken by over 300 people to be distributed to local grocery store managers; and a housing survey completed by over 400 people to determine alternative housing needs.

Future programs include the Area Day at the Indiana State Fair on Aug. 23, and the State Senior Queen Contest to be held on Aug. 17.

The South Central Indiana Council for the Aging and Aged, Inc., is located at 134 East Main St., New Albany.

For further information on any of the programs, call 948-8330.

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THE LOUISVILLE TIMES
FRIDAY, MAY 11, 1984

INDIANA UPDATE

Compiled by ED SCHUELER

Four delegates and one alternate will represent Area 14 of the South Central Indiana Council for the Aging and Aged Inc. at the 22nd annual **State Conference of the Indiana Federation of Older Hoosiers** Monday and Tuesday in Lafayette.

The delegates are **Edgar Day**, Floyd County; **John Brogan**, Clark County; **Austin Schellenberger**, Harrison County; **Thelma Bertrand**, legislative chairwoman; and **Dorothy Alexander**, Floyd County alternate.

The theme of the conference is "Building Unity for Older Hoosiers." Delegates will participate in the sessions on local measured telephone service, controlling health care costs, adult protective services and housing.

Information from the conference will be relayed to older persons at the council's meal sites and centers in Clark, Floyd, Harrison and Scott counties. The delegates also will be available to speak on the conference issues at any club or organiza-

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SATURDAY, SEPTEMBER 15, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aging and Aged, Inc., showed a film to residents of Clark Arms Apartments, Jeffersonville. The film was on health care in the home and services available to residents in Indiana. Pictured from left are Louise Miller, Henry Selgrath, Gina Graves, guest speaker on medical equipment for rent or purchase, Gene Stephan, community education specialist and Helen Selgrath.

The Charlestown, In., COURIER,
WEDNESDAY, AUGUST 1, 1984

Search is on for Area 14 Older Hoosier of the Year

The South Central Indiana Council for the Aging & Aged, Inc., has begun the search for the recipient of the 1984 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service.

The area 14 winner will become an applicant in the twelfth annual state Older Hoosier of the Year Award, which is the highest honor bestowed on a senior by the Indiana Department on Aging and Community Services. The presentation will be held during the annual banquet of the 1984 Governor's Conference on Aging in South Bend.

The person selected must be 65 years of age or older, reside in Clark, Floyd, Harrison, or Scott County, and have a record of community service. The following criteria will be used to make the selection:

—achievements after age 60 (30 points);

—achievements prior to age 60 (20 points);

—involvements in aging programs during the last year (30 points);

—accomplishments related to aging programs prior to age 60 (20 points).

Past winners have included Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, and Ruth Bledsoe.

All clubs and organizations are invited to submit a member for consideration. For further information and an application, contact Nancy Shiner at 948-8330. Deadline for applications is August 15, 1984. +

THURSDAY, SEPTEMBER 13, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The 1984 Older Hoosier of the Year awards program was held in New Albany. Pictured above, seated, Carroline Wells, Older Women's League; second row, from left are Charles Whelan, Mark Elrod Nurtition Site representative; John Brogan, Council for Older Americans; Patricia Jewell, South Centra Indiana Council for the Aging and Aged, Inc. and Myer Michael, Clark County Hospital Volunteer Services representative.

Wednesday, Sept. 12, 1984, THE CORYDON DEM

chellenberger to delegate at Older Hoosier Assembly

Gov. Robert D. Orr will be one of the featured speakers when four delegates and one alternate from the Area 14 Agency on Aging attend the Fifth Biennial Older Hoosiers Assembly Sept. 17, 18 and 19 in Indianapolis.

Austin Schellenberger of Depauw is one of the delegates. Others are Thelma Bertrand of New Albany, John Brogan, Jeffersonville, and Edgar Day, also New Albany. Area 14 includes Harrison, Clark and Floyd counties.

"The Older Hoosiers Assembly is an organization of 100 delegates and 33 alternates from every region of the state who meet every other year before the long session of the Indiana General Assembly to produce a legislative program responsive to the needs of senior citizens," according to Jean Merritt, executive director of the Indiana Dept. on Aging and Community Services, the state agency which sponsors the assembly.

The Older Hoosiers Assembly meets in the chamber and committee rooms of the Indiana House of Representatives.

Delegates and alternates — all [illegible] whom are 60 years of age or older — debate and vote on proposals submitted from area legislative seminars [illegible] other interested agencies, organi[illegible]tions and individuals. Sessions are conducted under the rules of the Indiana House of Representatives.

SENIOR CITIZENS SUPPLEMENT
THE TRIBUNE - JULY 1983

Council On Aging Offers Wide Variety Of Services

The South Central Indiana Council for the Aging and Aged, Inc., is celebrating its 11th year of providing programs and services to meet the needs of senior citizens of Clark, Floyd, Harrison, and Scott counties. The Council has health, nutrition, Title XX Social Services, and transportation programs; an information and referral service; cultural, educational, recreational, and social activities; and employment possibilities through Title V Senior Community Service Employment Program.

The Nutrition program not only provides a social setting for conversation and programs and activities, but also a balanced hot meal to an average of 800 people a day at 16 meal sites throughout the four counties and by home delivery to those senior citizens who are unable to attend a meal site. Reservations must be made twenty-four hours in advance by calling the meal site. The cost of the meal to a person 60 years of age or older is by donation only.

The Council for Older Americans (COA) makes an average of 3,000 trips monthly to nutrition sites, doctor offices, clinics, utility companies, and shopping centers. Two of the station wagons can make trips into Louisville to treatment centers or doctor offices. Again reservations must be made twenty-four hours in advance by calling 948-9701.

COA also offers daytime cultural, educational, recreational, and social activities at five senior centers. Arts and crafts are offered; discussion of current events and special workshops are held relating to the needs of the older adult; bingo and cards are played; trips outside the Center are scheduled. Over 1350 senior citizens a month participate in these activities. New programs for COA include home repairs and housekeeping services.

The Information and Referral Service, which is available 24 hours a day, seven days a week, offers a quick reference to community resources suited to meet the need of the senior citizens. Approximately 125 calls a month are handled. This program also issues the senior citizen discount card, the Living Will, and a newsletter four times a year.

Carrier Watch has been established with the New Albany Post Office and the Jeffersonville Post Office. A job bank for people who will do light housekeeping, minor home repair, and sitting with the elderly for a nominal fee is available.

Another program within the Council for the Aging is the Title XX Social Services Program which serves older persons living on low and fixed incomes. One function of Title XX is to keep the elderly in their own homes and out of institutions. The Personal Care Assessors evaluate the needs of an elderly person and then link the needs with the community services which will meet the needs. This might include signing the person up for other Title XX programs, assisting with applications for food stamps, social security, SSI, etc., and by escorting the elderly to these services or arranging for transportation.

The Homemaker-Handyman Program serves people who are unable to take care of their own homes and includes housekeeping, minor home repair, weatherizing, carpet shampooing, etc.

The Title XX is involved in the Project SAFE and Helping Hand outreach. This ensures that all elderly who are eligible for the low-income fuel assistance programs receive them.

Finally, the Nursing Home Pre-admission Screening, a process designed to determine what type of social and medical services are needed to maintain an individual's health and well-being, is under Title XX. Anyone who makes application to a nursing home will have to be prescreened. A comprehensive assessment of a person's functional, health, environmental, and psycho-social status is made and the service needs of the individual. Those established needs are then compared with what services are available within the community and how much they will cost. If the cost is more than 75 percent of the monthly nursing home cost, the person is admitted to the nursing home. If under 75 percent, an attempt is made to link the individual up with the needed services.

The Health Services Program offers screening for high blood pressures once a month at each of the 16 Nutrition Sites by a trained person. Health education programs and seminars are held.

The Council funds Legal Services Organizations to provide legal services for older persons.

Other special programs have included Older Hoosiers Law Day; the 1983 Older Hoosier of the Year Award given to Ruth Bledsoe; legislative seminars; Small Claims Court presentation; the 1984 Senior Queen Contest, won by Pearl Torstrick; Social Security programs; a grocery shopping survey taken by over 300 people to be distributed to local grocery store managers; and a housing survey completed by over 400 people to determine alternative housing needs.

Future programs include the Area Day at the Indiana State Fair on Aug. 23, and the State Senior Queen Contest to be held on Aug. 17.

The South Central Indiana Council for the Aging and Aged, Inc., is located at 134 East Main St., New Albany.

For further information on any of the programs, call 948-8330.

JISVILLE TIMES
MAY 11, 1984

NA UPDATE

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SATURDAY, SEPTEMBER 15, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aging and Aged, Inc., showed a film to residents of Clark Arms Apartments, Jeffersonville. The film was on health care in the home and services available to residents in Indiana. Pictured from left are Louise Miller, Henry Selgrath, Gina Graves, guest speaker on medical equipment for rent or purchase, Gene Stephan, community education specialist and Helen Selgrath.

THURSDAY, SEPTEMBER 13, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The 1984 Older Hoosier of the Year awards program was held in New Albany. Pictured above, seated, Carroline Wells, Older Women's League; second row, from left are Charles Whelan, Mark Elrod Nurtition Site representative; John Brogan, Council for Older Americans; Patricia Jewell, South Centra Indiana Council for the Aging and Aged, Inc. and Myer Michael, Clark County Hospital Volunteer Services representative.

The Charlestown, In., COURIER,

WEDNESDAY, AUGUST 1, 1984

Search is on for Area 14 Older Hoosier of the Year

The South Central Indiana Council for the Aging & Aged, Inc., has begun the search for the recipient of the 1984 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service.

The area 14 winner will become an applicant in the twelfth annual state Older Hoosier of the Year Award, which is the highest honor bestowed on a senior by the Indiana Department on Aging and Community Services. The presentation will be held during the annual banquet of the 1984 Governor's Conference on Aging in South Bend.

The person selected must be 65 years of age or older, reside in Clark, Floyd, Harrison, or Scott County, and have a record of community service. The following criteria will be used to make the selection:

—achievements after age 60 (30 points);

—achievements prior to age 60 (20 points);

—involvements in aging programs during the last year (30 points);

—accomplishments related to aging programs prior to age 60 (20 points).

Past winners have included Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, and Ruth Bledsoe.

All clubs and organizations are invited to submit a member for consideration. For further information and an application, contact Nancy Shiner at 948-8330. Deadline for applications is August 15, 1984. +

Wednesday, Sept. 12, 1984, THE CORYDON DEM

Schellenberger to delegate at Older Hoosier Assembly

Gov. Robert D. Orr will be one of the featured speakers when four delegates and one alternate from the Area 14 Agency on Aging attend the Fifth Biennial Older Hoosiers Assembly Sept. 17, 18 and 19 in Indianapolis.

Austin Schellenberger of Depauw is one of the delegates. Others are Thelma Bertrand of New Albany, John Brogan, Jeffersonville, and Edgar Day, also New Albany. Area 14 includes Harrison, Clark and Floyd counties.

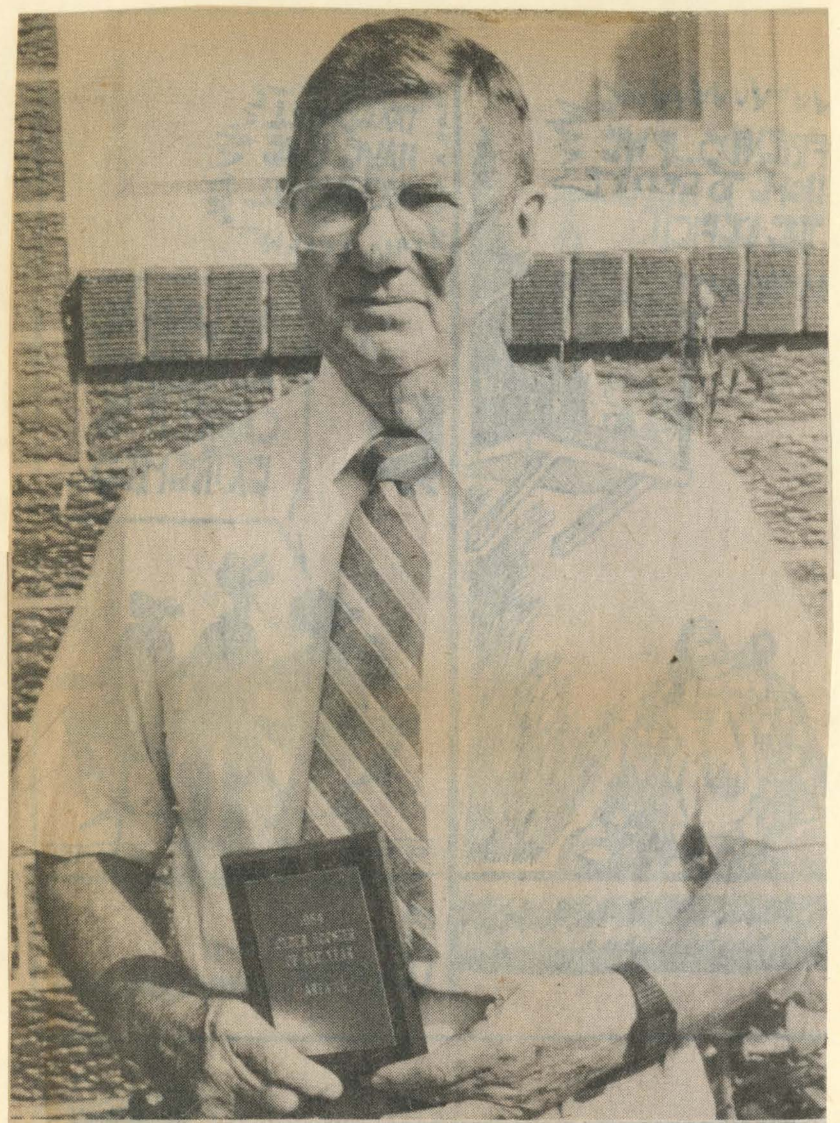
"The Older Hoosiers Assembly is an organization of 100 delegates and 33 alternates from every region of the state who meet every other year before the long session of the Indiana General Assembly to produce a legislative program responsive to the needs of senior citizens," according to Jean Merritt, executive director of the Indiana Dept. on Aging and Community Services, the state agency which sponsors the assembly.

The Older Hoosiers Assembly meets in the chamber and committee rooms of the Indiana House of Representatives.

Delegates and alternates — all [illegible] whom are 60 years of age or older — debate and vote on proposals submitted from area legislative seminars and other interested agencies, organizations and individuals. Sessions are conducted under the rules of the Indiana House of Representatives.

The Tribune, New Albany, Ind., Tues., Sep

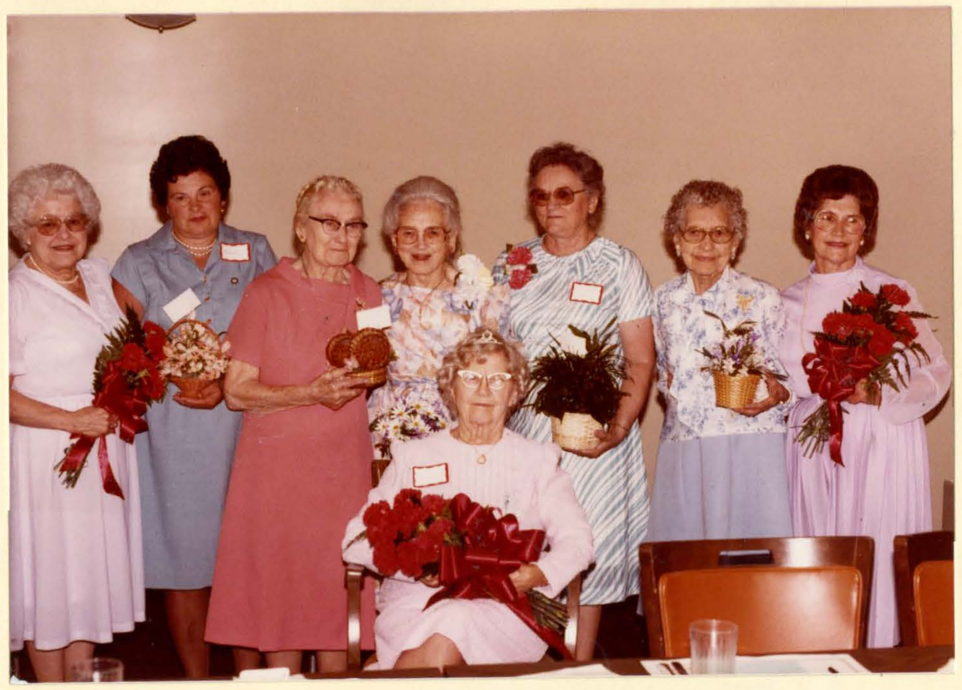
Tribune



OLDER HOOSIER OF THE YEAR — John Brogan of Jeffersonville was named the 1984 Older Hoosier of the Year for Area 14 recently. The winner was announced by the Council for the Aging at Mark Elrod Towers in New Albany. Each of the 16 service areas in the state of Indiana selected a recipient. The recipients will compete for the state award, given at the Indiana Governor's Conference in South Bend in October. This award is the highest honor bestowed on a senior citizen by the Indiana Department on Aging and Community Services. The purpose of the award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service.

SPECIAL THANKS — The board of directors and employees of the South Central Council for the Aging and Aged, Inc. sent a letter of appreciation to the Tendercare Health Center in Clarksville. This was for its donation to purchase an air conditioner to be loaned out to needy elderly during the extreme hot season. Patricia Jewell, executive director of the council, standing right, presented the letter to Geraldine Kincannon, president of the resident council at Tendercare as Tendercare administrator Donald Pugh looks on.

'84 Senior Queen



THE EVENING NEWS, JEFFERSONVILLE, INDIANA

FRIDAY, AUGUST 10, 1984

Wesley United Methodist Church, Jeffersonville, sponsored a senior citizens hat contest. Pictured from left, first row, are Margaret Eichenberger, most creative hat, Marguerite Poticny, Ruby Kindrick and Ina M. Sutton, most unique hat; second row, Willie Davis, co-chairman, Carolyn Simmons, judge, Terry Mullineaux, judge, Melba Doggett, judge, Joyce Gurnow, oldest hat, Patricia Jewell, judge, Kelly Jewell, judge, and Ernestine Brown, chairman.

The Tribune, New Albany, Ind., Mon., Sept. 10, 1984

People You Should Meet

PAT JEWELL

Career-wise, Pat Jewell has covered a lot of ground in a little less than eight years.

In early 1977, she took a job as part-time bookkeeper with the South Central Indiana Council for the Aging and Aged. Last Jan. 1, she took over top spot as executive director of the New Albany-based agency. Stops along the way included bookkeeper, fiscal officer and deputy-director under former agency chief Thelma Bertrand.

But the meteoric rise in career has taken a definite second spot to another recent happening in the life of the Jewell family — the arrival of the first grandchild. "That's the most exciting thing that's ever happened to me," Mrs. Jewell said recently, adding that Katie, the first child of her daughter, Mrs. Lisa Rasdon, was celebrating her first birthday that very day.

At 41, Mrs. Jewell is a mighty young and young-looking grandmother. She and her husband, James, general manager of the W-M Lumber and Wood Products plant in New Albany, reside in Jeffersonville, where they are members of the Sacred Heart Catholic Church.

They have another daughter, Kelley, 21, a senior at Hanover College.

Mrs. Jewell, a Louisville native, attended Holy Rosary High School. She is a member of a number of work-related clubs, advisory councils and social service groups. She is also active in volunteer and fund-drive work at her church.

Work takes a lot of her time even outside the office. But when she can squeeze in a few minutes, she enjoys yard work and reading mysteries. But even those hobbies have gone by the wayside in order to spare a few extra minutes with her new granddaughter, she admits.

She and her husband are both radical basketball fans, however she is a University of Louisville fan and he is a University of Kentucky backer. Their den is decorated in contrasting halves that relfect "his" and "her" preferences as far as round-ball is concerned.

THE CLARK COUNTY JOURNAL, JEFFERSONVILLE, INDIANA

THURSDAY, AUGUST 9, 1984

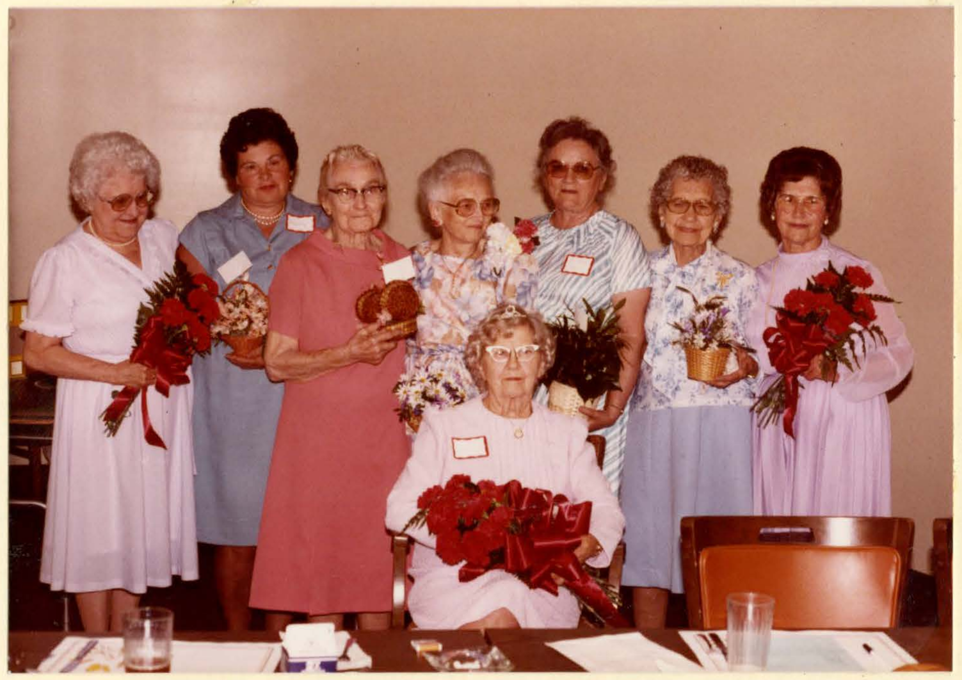
John Travelogues To Be Shown

The South Central Indiana Council for the Aging & Aged, Inc. is sponsoring travelogues made by Dr. Maurice A. John, of Jeffersonville, of his trip to Russia entitled "The Intriguing Capital of the USSR" at two nutrition sites for all senior citizens. The first program is scheduled for Friday, August, 17, at 12:00 noon at the Mark Elrod Tower, #1 Wolfe Trace, New Albany. The second is planned for Wednesday, August 22, at 12:00 noon at Yellowwood Terrace, 2100 Greentree Blvd., Clarksville.

Dr. John is a world-renowned lecturer having made presentations throughout the United States and in Russia, Colombia, and Pakistan.

A nutrition meal will be served at 11:30 A.M. Reservations can be made by calling the main office, 948-8873, 24 hours in advance. For persons 60 or older, the cost of the meal is by donation only. Transportation can also be arranged by calling 948-9701, 24 hours in advance.

'84 Senior Queen



10th Anniversary - '83

'84 Legislative Seminar

'84 Le[illegible]lative Seminar

'84 Area 14's Programs

Council For Older Americans, Inc.

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AREA 14
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948-9701
serving FLOYD, CLARK, HARRISON
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Ken Ellis

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Nutrition Program

Wednesday, Oct. 10, 1984, THE CORYDON DEMOCRAT, Corydon, Ind.

Way to go, Joe

Stepro honored for his community service

The public, through television and newspapers, seems preoccupied these days with celebrity roasts and lavish, redundant awards programs for glitzy entertainers and empty-headed stars of the moment. So it's refreshing and heartening to know that comparatively modest recognition dinners are still being held for good-hearted, unselfish folks who have given much of their lives for their community without thought of personal gain or recognition.

Such was the case on Sept. 25, when Joe E. Stepro, 84, was the guest of honor at a recognition luncheon at a much-appreciated place that he helped make possible and even helped manage — the Harrison County Senior Citizens Center in Corydon. Joe received a plaque from the South Central Indiana Council for the Aging, an assortment of documents from other senior citizen agencies, several presents, and many kind words from speakers who know him well.

For almost a decade, Joe E. Stepro worked closely with a very unusual man, Joe Rhoads, a retired federal government economist, economics professor and philanthropist. With Rhoads providing the money, sometimes a lot of money, and Stepro doing the administrative leg work, "The Two Joes" accomplished some rather startling things.

They created the Harrison County Senior Citizens Center, which has been used daily by many groups for 10 years.

A huge sigh of relief went up throughout the county when the two Joes made a $60,000 contribution to a swimming pool campaign that had almost drowned when construction estimates came in too high. (Later, they designed and added an alarm system at the pool.)

They built the Rhoads 4-H Pavilion at the fairgrounds, and they gave $15,000 to the Harrison County Park and Recreation Board for a radio communications system for the seven county parks. Contributions were made to the ministerial association and churches. The two accomplished many other things for young and old people alike that never made headlines.

At one point, banker Blaine Wiseman suggested that bumper stickers be made, saying, "Harrison County isn't perfect, but the two Joes aren't through yet."

Stepro was a Corydon farm boy who had a long career as a postman. During World War II he was a Signal Corps radioman. Following the war, he became an engineer for the old Eureka Telephone Co. and was given the responsibility to improve the system.

When May and Joe Rhoads moved from Washington, D.C. to Corydon in the early 1970s, Rhoads noticed Stepro at church and thought he might be the man to help him accomplish several things he had in mind.

Rhoads proved the wherewithal and Stepro took care of the practical, managerial problems. They were a good, effective team, although they did have their disagreements. (It's interesting to note that sometimes Stepro would tell Rhoads why he thought a specific project wouldn't work, and after more discussion, Rhoads would say, "I'm glad you agreed with me — let's push ahead with it.")

The dynamic duo came to an end in 1982, when Rhoads died. But Stepro has continued to be active in the administration of the Rhoads Foundation and the Senior Citizens Center. The years when the two Joes worked together for the benefit of the community was "One of Harrison County's finest hours," Wiseman said.

We have had our great historical figures and big moments, but "nobody else has shown this kind of generosity, just to help people."

—RANDY WEST

The Tribune, New Albany, Ind., Wed. October 17, 1984

Older Hoosiers Law Day Set For Oct. 24

As part of its continuing interest in providing programs which address the concerns of the older adult, the South Central Indiana Council for the Aging and Aged, Inc. will sponsor Older Hoosiers Law Day on Wednesday, Oct. 24. The program will be from 10 a.m. to 2 p.m. at Trinity United Methodist Church, 2796 Charlestown Road.

Featured speakers will include Daniel E. Moore, attorney, discussing the criminal justice process, and Gloria Nash, para-legal with Legal Services Organization, conducting a forum on the legal concerns of the senior citizen. Each segment will have a question and answer period.

The afternoon session will be the annual Area Hearing for the Council. At that time the goals, objectives and budgets for the fiscal year 1985 will be reviewed. That session will begin at 1 p.m.

A nutrition meal will be served at noon. The cost is by donation only to those 60 years of age or older. People under 60 pay $2.50 for the meal. Reservations must be made by Thursday (Oct. 18).

The public is invited to all or part of the program and Older Hoosiers are urged to attend.

For further information and meal reservations contact Nancy Shiner at 948-8330.

The Tribune, New Albany, Ind., Wed., Dec. 5, 1984

Ken Ellis Seniors Are Making Holiday Plans

The Ken Ellis Senior Citizens Center in Jeffersonville is making plans for the holidays.

Seniors have been making stuffed animals and dressing dolls for the Salvation Army and there will be a party from 1-2:30 p.m. Thursday at the center for everyone who has participated in the two projects.

A shopping trip is planned from 9:30 a.m. to 2 p.m. tomorrow at Oxmoor shopping center in Louisville.

On Dec. 11 students from Spring Hill Elementary School in Jeffersonville are scheduled to visit the center at 11 a.m. to sing Christmas carols.

The monthly dinner and Christmas party will be Dec. 20, beginning at 10:30 a.m. Pam Robbins of the Clark County Extension Office will speak on holiday stress and students from the New Albany High School band and orchestra will entertain.

Christmas crafts will be made at the center this month and those attending the center will be trimming a tree. For more information, call Sue Johnson at 283-7356.

The Charlestown Courier

WEDNESDAY, OCTOBER 10, 1984

Fifteen Hoosiers vie for Older Hoosier of the Year

"Fifteen candidates will compete for one of the highest honors our agency can award, Older Hoosier of the Year, at the annual Indiana Governor's Conference on Aging which will be held at the Century Center in South Bend Monday, October 15, through Wednesday, October 17," according to Jean Merritt, executive director of the Indiana Department on Aging and Community Services, which sponsors the conference.

The award will be made by Governor Robert D. Orr at the conference banquet the evening of Tuesday, October 16. Mrs. Merritt points out that candidates are judged on:

1. Achievements after age 60;
2. Involvement in aging programs during the past year;
3. Achievements prior to age 60; and
4. Accomplishments specifically related to aging programs.

In addition, the candidates, all of whom must be 64 years old or older, are interviewed by an impartial panel of three judges who award points for communications skills, personal traits, attitudes and motivation, and analytical ability. The candidates and the Area Agencies on Aging they represent are:

Area 1: Blanche M. Kaiser, 78, Griffith.
Area 2: Glada Ogren, 83, South Bend.
Area 3: Cecil Andorfer, 79, Angola.
Area 4: Mabel P. Wharton, 77, Flora.
Area 5: Homer F. Smith, 71, Kokomo.
Area 6: Herald Keith Rippey, 80, Muncie.
Area 7: Hubert K. Clodfelter, 73, Greencastle.
Area 8: Ruth L. Sears, 70, Mooresville.
Area 9: Frank Pumerville, 71, Richmond.
Area 10: No contestant.
Area 11: Clavis Keaton, 76, Nashville.
Area 12: The Rev. Lee A. Barenscheer, 74, Dillsboro.
Area 13-A: Archie Knox Miller, 80, Vincennes.
Area 13-B: The Rev. Raymond A. Ley, 67, Boonville.
Area 14: John W. Brogan, 72, Jeffersonville.
Area 15: Rebecca Louise Ott, 67, Paoli.

+

The Tribune, New Albany, Ind., Tuesday, Nov. 27, 1984

VOLUNTEERS — Helen Lacy and Vera Rockenback, local senior volunteers, and Vera Wolfe, Kathy Bauer, Vickie Medlock and Nancy Shiner, staff from the local Council for the Aging, were among those who participated in the training session for the new Senior Hoosier Liason Program. This program. This program is designed to help older adults answer their questions and problems with Medicare and file their claims to receive the maximum benefits. Steve Totten, standing at right, conducted the intensive training in Medicare. For information or help call the Council for the Aging at 948-8330.

Volunteers Help Seniors With Filing

Seven volunteers and eight office staff recently received specialized training in Medicare benefits at Indiana University Southeast as part of the new Senior Hoosier Liaison Program (SHLP).

During the coming months, these people will work with Medicare beneficiaries to help them more fully understand their Medicare benefits and assist them in properly filing their Medicare claims.

Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged, Inc., said the SHLP effort was a cooperative program sponsored by the local Council, Blue Cross and Blue Shield of Indiana (the Medicare intermediaries), the U.S. Health Care Financing Administration, the Indiana Department of Aging and Community Services, and the local Retired Senior Volunteer Program.

In the training session, the people received intensive training in the benefits avaialable under the Medicare Part A (hospitalization) and Medicare Part B (medical) programs. They also received detailed training in claims filing procedures and how to help beneficiaries file claims so they can get the maximum benefits from government health insurance programs.

Conducting the training class was Steve Totten, one of more than two dozen Blue Cross and Blue Shield employees who have volunteered to conduct the training classes throughout the state.

Nancy Shiner, local coordinator of the program, said those persons needing help with Medicare or filing claims should contact the local council at (812) 948-8330 to make arrangements for one of the local volunteers to assist them. A schedule of regular visits to the nutrition sites, activity centers and other volunteer stations will be available soon.

"We have high hopes that our volunteers and staff will play a tremendous role in helping the elderly in this area resolve some of the problems they may be having with Medicare. As a result of their training, our local volunteers can help a person determine what benefits are available, how much they might have to pay and how to file claims properly to receive the greatest benefit." Mrs. Shiner said.

The Sunday-Ledger-Tribune, New Albany, Ind., Sunday, Dec. 9, 1984

Do You Know What It's Like To Be Cold?

Probably few people reading this know what it is like to be cold — truly cold in their own homes. Cold, in this context, should be taken as a health-hazarding cold from a shut off of utilities or from a structural failure within a home that allows the winter chill to take hold.

However there are an unknown number of persons in Floyd County, as there are in every community, who suffer, largely unknown, through cold winters and hot summers without accepted means of keeping comfortable. Each year, there are reports from other communities of persons being found dead from weather-related causes. Most of these unfortunates are the very old who shut themselves in and succumb without anyone knowing of their need.

Fortunately, this has not happened in Floyd County in recent years to the knowledge of authorities. But it could, and that is why a coalition of Floyd County agencies are extending a new program to focus on such needs during the cold months.

The Allied Seasonal Assistance Program (ASAP) is planning to furnish quartz electric heaters and kerosene heaters to households where there is a health-threatening situation due to the cold weather. The plans are similar to those undertaken by ASAP to deal with hot weather emergencies during its formation last spring.

The hot weather program, in which fans and air conditioning units were purchased by ASAP for loan to households during severe heat wave conditions has been judged a success. More than four dozen households were served, and there were additional requests for heat relief.

The initial success was made possible by the donation of some $1,900 from organizations and individuals that enabled agencies to purchase appliances. Now a similar boost is needed for the cold weather segment of the program.

Participating agencies, that include the Salvation Army, Red Cross, Council for the Aged and Aging, Family Service Bureau and Floyd County Community Action Agency, expended almost all of the donated funds for the summer program. Applications for the winter program have been put on hold until Jan. 2, except for dire emergency, in hope that enough donations will be received to allow some heaters to be purchased.

An anonymous organization has already come forth with a $500 donation, but program sponsors believe that at least $1,500 more is necessary to put the effort on a equal footing with the summer program.

Already, there have been more than a dozen inquiries to the agencies from persons who were suffering from the cold, spokesmen for the agencies said. The intent of the program, they note, is to provide assistance in the situations where there is actual threat of life and health with the very old and very young placed in this category of recipients. Heaters loaned out can be kept until April 15, and will be stored over the summer for next year's program.

The program is a worth one and there is indication that it is needed here. We would hope that organizations might find a spot in their Christmas stockings to consider it. As we have noted, cold to most people is something they experience between the warmth of their homes and offices and their vehicles. But there are some neighbors who live with it each winter within their own homes, largely forgotten and unrecognized until now. ASAP hopes to find and relieve this kind of suffering before its becomes a tragic notation in the obituary column.

Scott senior citizens plan December activities

The Scott County senior citizens has planned several activities.

On Thursday, Dec. 13, senior citizens will go on a shopping trip to Salem. Seniors will go to New Harmony, Indiana and Bellville, Ill., to see Our Lady of Snow and Way of Lights and the St. Louis Arch on Dec. 16-17. Mary Francis Smith and Edith Bridgewater will provide a special Christmas program on the bus.

There will be a pitch-in dinner on Tuesday, Dec. 18, 6-9 p.m., at the Warrior Reservation. The Scott County Musical Neighbors will entertain. A Christmas program will be given by Cory and Marie Bridgewater. Everyone is welcome.

The Senior House will have their Christmas party on Friday, Dec. 21. There will be a $2 grab bag gift exchange. Anyone 60 and over is welcome. All activities at the Senior House are supported by the South Central Indiana Council for the Aging and Aged.

The seniors saw "Music Man" at Derby Dinner Playhouse on Sunday, Dec. 9.

Monday, November 26, 1984

People You Should Meet

SUE JOHNSON

Sue Johnson is a person who finds happiness in being able to help senior citizens of the community have an active part in the elder's years. Sue has dedicated her life to helping others learn new ideas and how to utilize their idle hours.

She is coordinator at the Ken Ellis Senior Citizen Center in Jeffersonville working for the South Central Council of the Aged and aging. This is a center for the senior citizens to meet for fellowship, art and crafts and have their meals together.

Sue is a guardian angel so to speak, to these senior citizens as she helps them though some of the many lessons where she teaches them needlepoint, ceramics, sewing, art plus a lot of spiritual awareness.

"When you see the smiles and just how happy these older citizens are when they complete an article they are working on it makes it all worth while the time and effort you put forth with these people," Sue added.

She said that without the help of the South Central Council of the Aged and Aging many of these older people would have spend their lonely days at home with no one to talk to or very little to look forward to. Many of these people come to the center every day to spend their time with her.

Sue and her husband Arvel live in Indian Heights subdivision in New Albany and they have a daughter, Mary Elizabeth who is a senior at New Albany High School.

Sue is a Floyd County native and a graduate of New Albany High School and is a member of Wesley Chapel United Methodist Church, where she has served in many capacities icluding officer of the Rebekah Circle, United Methodist Women, a Sunday School and Bible School teacher, and does caligraphy for the church. She is also past president of Northern Lights Homemakers Club, and New Albany High School Band Boosters.

When ever she gets a little free time she likes such hobbies as tole painting, traveling and crafts.

Scott senior citizens going to Tennessee

Scott County Senior Citizens will be going to the Biltmore House in Ashville, N.C. and to Gatlinburg, Tenn. on Dec. 1-2.

The Scott County Musical Neighbors Band will entertain the senior citizens on Wednesday, Dec. 5, 7-9 p.m., at the Warrior Reservation. Everyone is welcome.

The South Central Indiana Council for the Aged and Aging will conduct a free blood pressure screening on Friday, Dec. 7, 1-2 p.m., at the Scott County Senior House, Scottsburg.

A trip to Nashville, Tenn.; and Twitty City is being planned for Dec. 15. Anyone who is interested in going should call the Senior House at 752-4134; after 12:30 p.m., and ask for JoAnn.

Forty-four seniors enjoyed a trip to King's Island's Winter Festival on Nov. 27. Cory Bridgewater entertained the group on the bus by singing Christmas carols.

Erma Barnes Is Honored

Erma Barnes and Marilee Gardner of Scott County attended the Republican Women's Club '1984 Tribute to Republican Women' on Nov. 30 in Indianapolis.

Mrs. Barnes was selected by the local club to be honored for her contributions to the Republican party at the fourth annual affair.

Previous Scott County women recognized at the Tribute were Helen Eversole, 1981; Marilee B. Gardner, 1982; and Ruth Cox, 1983.

Arleen Martin Schulze is president of the Scott County Republican Women's Club.

The annual event honored Republican women for their political contributions and achievements. It is co-sponsored by the Indiana and the National Federations of Republican Women and featured a reception and dinner in the Sheraton Hotel in Indianapolis.

Eleanor Holt, president f the IFRW and state GOP ice-chairman estimated hat in 1984 alone, women olunteered more than 75,000 hours to the state ampaign. She noted that ederation members pdated the voter name sts for the Indiana epublican Party, made alls on phone banks roughout the state, and lled for state legislative ndidates.

She noted that more men are running for litical office and more e serving on campaign affs as well as women continue to do the grassroots, organizational work necessary to win political campaigns.

Mrs. Barnes was president of the Scott County group in 1968 at which time the chapter received the diamond award, the top award of the nation, and is currently chaplain.

She has been active in politics since 1936 and was a charter member of the Johnson County Republican Women's Club.

Mrs. Barnes served as an usher in the Wendell Wilkie campaign for president and attended the 'cornfield' conference for Homer Capehart in 1938.

She and her husband, the late Floyd Barnes, have resided here since 1947.

She has served as precinct committeeman at Franklin and vice-precinct committeeperson in Scott County.

Mrs. Barnes is retired from the State Highway Garage District Office in Seymour. as a payroll clerk. She is a member of the Scottsburg United Methodist Church, membership chairperson of the United Methodist Women's Association, past president and currently secretary-treasurer of the Friendship Club, and a member of the Young In Heart Homemakers Club. She is a volunteer for the blood bank and for crafts at the Senior House in Scottsburg.

Erma Barnes

The Tribune, New Albany, Ind., Wed. May 15, 1985

SENIOR SWINGER — New Albany Mayor Charles Hunter was on hand at a pitch in dinner held at the Senior Center at 317 East Fifth St. Monday where he found some real senior swingers. While some of the senior musicians were playing music Juanita Banet grabbed the mayor for a little two-step around the dance floor. The dinner was part of the celebration designating this week as Senior Center Week with the theme of "Senior Centers are Wellness Centers".
(Tribune Photo by Don Beck)

5-24-85

INDIANA UPDATE

Indiana Update contains news and announcements from Southern Indiana. Send items to Indiana Update, The Louisville Times, 525 W. Broadway, Louisville 40202, or call 582-4234.

Compiled by ED SCHUELER

The South Central Council for the Aging & Aged Inc. will sponsor a free **health fair** from 9:30 a.m. to 2:30 p.m. June 6 at the Knights of Columbus building, 805 E. Main St., New Albany.

Blood pressure testing, weighing, literature, coffee and doughnuts will be available during registration from 9:30 to 10 a.m. There will be exercise, entertainment, health-care equipment demonstrations and information on Medicare. There also will be door prizes.

For lunch, make reservations by June 1. Call 948-8330 for reservations or other information.

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, May 29, 1985

Senior citizen health fair is set for June 6 in New Albany

A free Health Fair sponsored by South Central Indiana Council for the Aging and Aged Inc. has been rescheduled for Thursday, June 6, in New Albany.

The health fair, available for senior citizens from Harrison, Floyd, Clark and Scott counties, will be held from 9:30 a.m. to 2:30 p.m. at the Knights of Columbus building, 805 E. Main Street. The original date was canceled due to a commodity distribution.

Blood pressure testing, weight tabulation, literature, coffee and doughnuts will be provided from 9:30 to 10 a.m.

The fair will offer "vital information" for older adults plus some musical entertainment, said Thelma Bertrand, a spokesperson for the council.

An operator of a Fitness Center for adult adults will give a "fun exercising demonstration" followed by audience participation.

Health care equipment will be demonstrated, and information will be given on physicians' accepting Medicare allowances, the Senior Hoosier liaison program, Medicare supplement insurance, and home health services.

Lunch will be provided, with persons 60 and older paying according to their ability. Those under 60 will pay $3.25 for the meal.

For meal reservations or for more information, call 1-948-8330. Reservations should be made on or before June 1.

The Tribune, New Albany, Ind., Thurs., May 16, 1985

Conference For Older Hoosiers

The annual conference of the Indiana Federation of Older Hoosiers will be held in Indianapolis May 29 and 30 at the Adams Mark Hotel at the airport.

The keynote adress, "The Future and Aging," will be presented by Monsignor Charles Fahey, director of the Third Age Center of Fordham University in New York City. The Third Age Center focuses on gerontology and was established in 1978.

Other guest speakers for the confernece include Louise Crooks, president-elect of the Association of Retired Persons, and Anna V. Brown, executive director of the Department of Aging of the city of Cleveland, Ohio and president of the National Council on Aging.

Several workshops will be offered during the two-day conference designed for the elderly and persons working in the aging field. Some of the subjects that will be covered are health care costs, activities and programs that affect senior citizens at the community, state and federal levels, the importance of good mental health and the impact of the new 1985 Adult Protective Services Law.

A highlight of the conference will be the election of new officers May 30.

For more information, or to obtain registration forms, contact the Federation at 317-631-0800 or the South Central Indiana Council for the Aging and Aged.

The Charlestown, In., COURIER,
5-29-85

Health Fair rescheduled for June 6

The free Health Fair has been rescheduled for June 6, 1985. It will be held in the Knights of Columbus building, 805 East Main Street, New Albany, Indiana, from 9:30 a.m. to 2:30 p.m. The original date was cancelled due to a commodity distribution.

Blood pressure testing, weight tabulation, literature, coffee and doughnuts will be provided from 9:30 a.m. to 10:00 a.m.

The fair will be a combination of vital information to the older adults and entertainment.

A fun exercising demonstration will be given by an operator of a Fitness Center for older adults followed by audience participation. Patty Lukemeier, a talented vocalist, will provide the entertainment.

There will be a demonstration of health care equipment. Information on physicians accepting medicare allowances, the senior Hoosier liaison program, medicare supplement insurance and other companies providing home health services will be provided by Nancy Shiner, Information and Referral Coordinator.

Many lovely door prizes have been donated to give to the lucky winners.

A lunch will be provided; people 60 years of age or older pay according to their ability. Those under the age of 60 pay $3.25 the full price of the meal.

For meal reservation or further information, call 948-8330. Meal reservations are to be made on or before June 1.

The Health Fair is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., 134 East Main Street, New Albany, Indiana. +

The Tribune, New Albany, Ind., Wed. May 29, 1985

Free Health Fair Rescheduled June 6

The free Health Fair has been rescheduled for June 6. It will be held in the Knights of Columbus building, 805 E. Main St. New Albany from 9:30 a.m. to 2:30 p.m. The original date was cancelled due to a commodity distribution.

Blood pressure testing, weight tabulation, literature, coffee and doughnuts will be provideed from 9:30 to 10 a.m.

The Fair will be a combination of vital information to the older adults and entertainment.

A fun exercising demonstration will be given by an operator of a Fitness Center for older adults followed by audience participation. Patty Lukemeier, a talented vocalist, will provide the entertainment.

There will be a demonstration of Health care equipment. Information on physicians accepting medicare allowances, the Senior Hoosier liaison program, medicare supplement will be provided by Nancy Shiner, Information and Referral Coordinator.

Many door prizes havs been donated to give to the lucky winners.

A lunch will be provided; people 60 years of age or older pay according to their ability. Those under the age of 60 pay $3.25, the full price of the meal.

For meal reservations or further information, call 948-8330. Meal reservations are to be made on or before June 1.

The Health Fair is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., 134 E. Main St. New Albany.

THE BANNER-GAZETTE, Wednesday, May 29, 1985 Page 3

Older Americans reschedule fair

The free Health Fair has been rescheduled for Thursday, June 6, at the Knights of Columbus building, 805 E. Main Street, New Albany, 9:30 a.m.-2:30 p.m. The original date was cancelled due to a commodity distribution.

The fair, which marks the concluding event of Older Americans Month, will be a combination of vital information to the older adults and entertainment.

Blood pressure testing, weight tabulation, literature, coffee and doughnuts will be provided from 9:30 to 10 a.m.

An exercise demonstration will be given for older adults by an operator of a fitness center. The demonstration will be followed by audience participation. Patty Lukemeier, vocalist, will provide the entertainment.

There will be a demonstration of health care equipment. Information on physicians accepting medicare allowances, the senior Hoosier liaison program, medicare supplement insurance and other companies providing home health services will be provided by Nancy Shiner, Information and Referral coordinator.

Lunch will be provided. People age 60 or older may pay according to their ability. Those under age 60 will be charged $3.25.

Door prizes will be given out.

For meal reservations and further information, call 948-8330. Meal reservations are to be made by Saturday, June 1.

The South Central Indiana Council for the Aging and Aged are sponsoring the Health Fair.

Staff Photo by James H. Wallace

SEATED EXERCISE SESSION: R. C. Kraft, 90, worked on upper-body and arm exercises during a recent health fair sponsored by the South Central Indiana Council for the Aging and Aged Inc. The fair was at the Knights of Columbus building in New Albany.

WHAT A LOVELY NECK YOU HAVE — Count Dracula paid a visit to the Mark Elrod Towers Monday afternoon in search of some refreshments at a Halloween party there. Dracula (Paul Bertrand) seems to have found the delicious little neck of Beulah Faith, one of the residents at the towers. It was all in fun, of course, as the party, sponsored by the South Central Council for the aged and aging, was for the residents.

The Tribune, New Albany, Ind., Tuesday, October 30, 1984

A Halloween Party for the meal site participants from Henryville and Silver Creek was held at the Silver Creek Civic Center. Those attending in costume are shown above: Joan Dietz, Site Manager (S.C.), Rosa Dunlevy (Henryville), Louise Fisher (S.C.), Alberta Napier (Pekin), Allie Cochran (Henryville), Dora Gray (Henryville), Mae Clark (Henryville). Row 2: Elmer Kleehamer (S.C.), Margaret Leap (S.C.), Dorothy Robertson (Henryville), Brenda Ashby, Site Manager (Henryville), Regina Kleehamer (S.C.), Thelma Masters (Henryville), Clara Mae Weber Mathley (S.C.).

MONDAY, NOVEMBER 12, 1984

The Southeastern Indiana Council for the Aging and Aged, Inc. sponsored a Halloween contest at the River View Towers, New Albany. Pictured from left, first row, are Wanda James and Ronda McDaniel, council employees; second row, Virginia Slusser and Katherine Mitchell, costume winners; third row, Patricia Jewell, council executive director, Lillian Palczynski, costume winner, Paul Bertrand, costume winner and Sheila Becovitz, council employee.

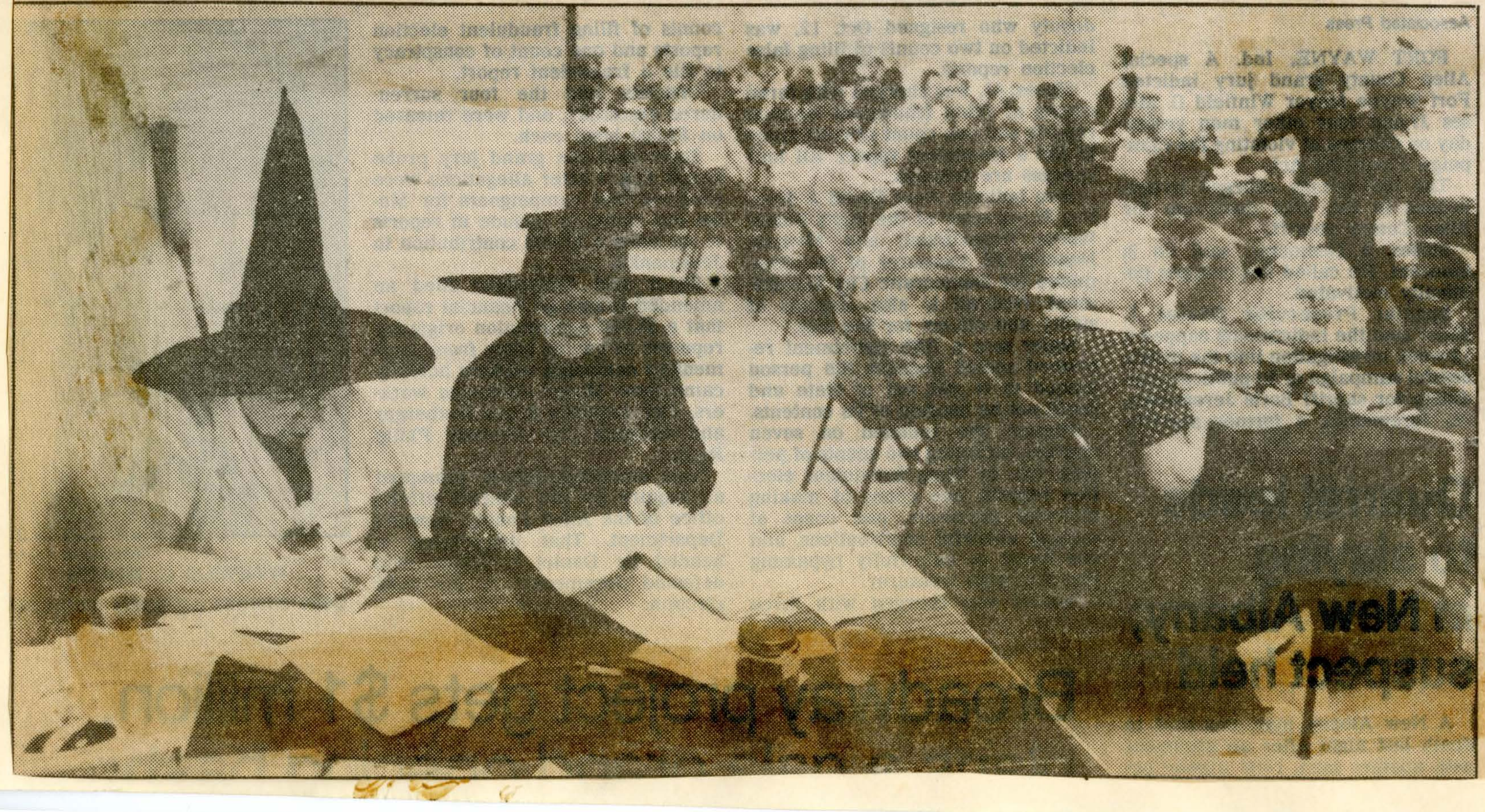
A LITTLE DEVILISH—Special Halloween parties are being held this week at the various high rises for the elderly sponsored by the South Central Council for the Aged and Aging . At Mark Elrod Towers there were games, prizes, refreshments and costumes. Here devilish, Thelmas Bertrand, left, pokes some fun at Mildred Sanders, center, as Nancy Shiner, bats her way around behind Sanders.

(Tribune Photo By Don Beck)

SATURDAY, NOVEMBER 10, 1984
THE EVENING NEWS, JEFFERSONVILLE, INDIANA

The South Central Indiana Council for the Aged and Aging sponsored a Halloween party for residents of Clark Arms Apartments, Jeffersonville. Pictured from left, first row, are Berniece Preston, Elizabeth Morrison and Bobbie Napier; second row, Patricia Jewell, director of the Council for the Aged and Aging, Marie Kendrick, Hazel Bowyer, Fannie Colvin, Guy Roehm and Tom Horn, contest judge.

THE LOUISVILLE TIMES
TUESDAY, OCTOBER 30, 1984
PAGE A5
INDIANA, KENTUCKY NEWS



Staff Photos by James H. Wallace

HALLOWEEN CELEBRATION: Visitors at a senior citizens' Halloween party at Mark Elrod Towers in New Albany were greeted yesterday by Jean Walton, left, and Margaret Maymon. The event was sponsored by the South Central Indiana Council for the Aging and Aged. Mary Wimp, above, showed off her pumpkin, which won third place in a decorating contest that was part of the celebration.

Monday, October 29, 1984

SPELLBINDING — Gypsy fortune-teller Angela Ashton, right, implores Riverview Towers residents Sadie Day, left, and Minnie Kalusky to look deep into the crystal ball during the Halloween party held today at Riverview, sponsored by the Council for the Aging. In addition to having their fortunes told, residents at this and the other senior citizen residence centers participated in word games, jack-o'-lantern judgings, sing-alongs and other activites, while Council members dressed as witches, black cats, pumpkins, vampires and gypsies provided entertainment and treats, including traditional witches' brew, served by a witch, and cake.

(Tribune Photo by Tim Loughmiller)

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

FRIDAY, OCTOBER 26, 1984

THE HOOSIER HILLS HOME HEALTH SERVICES held an open house Monday in New Albany. Pictured from left to right are Sam Robinson-chairman of Mutual Trust Bank, Paula Robinson-Vice President of the Board of Directors, Dick Williams-President of the Board of Directors, Lisa Steele-RN administrator, Jim Thornton-President of Union Bank and Trust, Karen Monsour-RN Marketing Consultant, Phil McCauley and Thelma Waltman-Council on Aging.

THE EVENING NEWS, JEFFERSONVILLE, INDIANA

FRIDAY, OCTOBER 5, 1984

Council For The Aging And Aged, Inc. Sponsors Older Hoosiers Day

The South Central Indiana Council for the Aging and Aged,Inc. will sponsor Older Hoosiers Day on Wednesday, October 24. The program will be from 10 a.m. to 2 p.m. at Trinity Methodist Church, 2796 Charlestown Road, New Albany.

Featured speakers will be Daniel E. Moore, attorney, discussing the criminal justice process and Gloria Nash, para-legal with Legal Services Organization, conducting a forum on the legal concerns of the senior citizens.

The afternoon session will be the annual area hearing for the council. At that time the goals, objectives and budgets for fiscal year 1985 will be reviewed. The afternoon session will begin at 1 p.m.

THE BANNER-GAZETTE, Wednesday, October 31, 1984

Grandma borrows grandchildren's disguises to demonstrate Halloween is not "just for kids"

By Anne O'Connell

This year, children aren't the only ones having fun celebrating Halloween with pumpkin carving contests, costumes and visits from scary monsters.

Senior citizens throughout South Central Indiana met at nutrition sites for their own Halloween festivities. Dressed as witches, hobos, clowns and devils, they arrived at one of these sites, the Borden Museum, on Monday for a day filled with Halloween activities.

The partygoers were welcomed by their host and hostess, Count Dracula, a blood-thirsty villain, carrying his own supply of "blood" in a mason jar, and Gypsy Dawn, a fortune-telling gypsy equipped with a tamborine and a crystal ball. The hall was decorated with streamers, fodder shocks, and orange and black cats made by students at Borden Elementary School.

After socializing, playing games and eating lunch, the real excitement began, with the costume contest judging. There was much pride at stake, as the senior citizens vied for the titles of prettiest, ugliest and scariest costumes. Opal J. Baker, wearing glasses, a funny nose, a Groucho mustache and a feather hat, said that she borrowed from her great-grandchildren's playthings for her disguise. She reminisced that she had not dressed up for Halloween since she was a child. Lois Waggoner, on the other hand, wore a costume last Halloween just for the fun of it. Dressed as a Southern belle, Mrs. Waggoner won the contest category for the prettiest costume.

--Photo by Anne O'Connell--

Mrs. Lois Waggoner and Mrs. Opal J. Baker were among senior citizens wearing costumes at a Halloween party in Borden sponsored by the Council for the Aging and Aged.

Mrs. Waggoner and Mrs. Baker are neighbors who come to the Borden nutrition site almost daily to take part in the lunch program. Mrs. Jean Clark, director of the Borden nutrition site, said that this was the first Halloween party that had been given there for the seniors. She hoped that the large turnout would help acquaint local residents with the nutrition program and its social and educational aspects.

Other contest winners were: Erland Hedegard, ugliest costume; and Alta Bell, scariest costume. Recognized for entering their pumpkins were: Most original pumpkin, Margie Hedegard; ugliest pumpkin, Vernis McKinley; prettiest pumpkin, Margie Rhoads. The corn counting contest was won by Margie Hedegard, and the door prize was awarded to Anna Money.

The Halloween parties were sponsored by the South Central Council for the Aging and Aged, which serves Floyd, Clark, Harrison and Scott Counties. It was estimated that approximately 1,000 individuals participated at the 16 meal sites. Many local merchants contributed to the project, which was designed to brighten the spirits of the elderly and provide an opportunity to socialize.

--Photo by Anne O'Connell--

Jean Clark, site director for the Borden nutrition center, posed in her Halloween costume at a party given there on Monday for senior citizens.

WEDNESDAY, OCTOBER 24, 1984

Halloween Happenings occurring October 29-31 for Aging and Aged

A spooky Halloween Happening will be occurring on October 29, 30, and 31 for each of the sixteen nutrition sites sponsored by the South Central Indiana Council for the Aging and Aged, Inc. All residents age 60 and older and living in Clark, Floyd, Harrison and Scott Counties are invited to attend the fun filled day.

Each party will be hosted by Count Dracula, Winifred Witch and Gypsy Dawn. Other special guests who will be dropping in include Dracula's Bat, Winifred's Familiar Cat, The Great Pumpkin, and other friends and fiends.

A full agenda of events has been planned—a costume judging contest, a Jack O'Lantern contest, fortune telling and games. All Jack O'Lanterns must be at the party location by 9:00 a.m. on October 29, 1984, to be eligible for judging. Prizes donated by area merchants will be awarded.

A special Halloween menu will be served at noontime. Reservations need to be made at the nutrition site or by calling 948-8873 by Friday, October 26.

Transportation within specified boundaries can be arranged by calling 948-9701 or the nutrition site involved by Friday, October 26.

Each party begins at 10:00 a.m. and ends at 2:00 p.m. Locations and dates of each party are as follows:

Monday, October 29: Parkview Towers, Riverview Towers and Mark Elrod Towers in New Albany; Borden Museum site in Borden.

Tuesday, October 30: Claysburg II Towers, jeffersonville; Clark Arms (Watson site attending), Jeffersonville, Fairington and Yellowwood Terrace, Clarksville.

Wednesday, October 31: Austin and Scottsburg at Austin, 93 Broadway; Henryville and Silver Creek at Silver Creek Civic Center; Charlestown; Corydon and Frenchtown at St. Bernard's Catholic Church, Depauw, Indiana.

Don your costumes, bring your Jack O'Lanterns, overcome your fears of spooks and fiends, and join us for a Halloween that will be very special! For further information, call (812) 948-8873 inClark and Floyd Counties; (812) 347-3210 in Harrison County; and (812) 794-4212 in Scott County. +

The Leader

Wednesday, October 24, 1984

South Central Indiana Coucil for Aging & Aged, Inc. Will Have A Halloween Party

A spooky Halloween Happening will be occurring on October 29, 30, and 31 for each of the sixteen nutrition sites sponsored by the South Central Indiana Council for the Aging & Aged, Inc. All residents age 60 and older and living in Clark, Floyd, Harrison and Scott Counties are invited to attend the fun filled day.

Each party begins at 10:00 a.m. and ends at 2:00 p.m. Locations and dates of each party are as follows: Monday, Oct. 29--Parkview Towers, Riverview Towers, and Mark Elrod Towers in New Albany; Borden Musuem site in Borden. Tuesday, Oct. 30--Claysburg II Towers, Jeffersonville; Clark Arms (Watson site attending), Jeffersonville; Fairington and Yellowwood Terrace, Clarksville. Wednesday, Oct. 31--Austin and Scottsburg at Austin, 93 Broadway; Henryville and Silver Creek at Silver Creek Civic Center; Charlestown; Corydon and Frenchtown at St. Bernards Catholic Church, Depauw, IN.

Don your costumes, bring your Jack O'Lanterns, overcome your fears of spooks and fiends, and join us for a Halloween that will be very special! For further information, call (812) 948-8873 in Clark and Floyd Counties; (812) 347-3210 in Harrison County; and (812) 794-4212 in Scott County.

Our Readers Write

Plight Of Poor Is His Concern

Dear Editor,

The General Assembly of Indiana has refused to consider many bills which would assist the disadvantaged within our state.

In a recent release, Dr. M. Desmond Ryan, executive director of the Indiana Catholic Conference, joined representatives of the Indiana Counci of Churches, Jewish Community Relations Council and the Indiana Friends Committee in taking to task the Indiana legislators for ignoring human service programs. They said that they believe that the needs of the economically disadvantaged of our state should be given a higher priority by the legislators than currently being demonstrated. All the agencies working with the poor are bewildered by the lack of interest in providing benefits for AIDC-U families because such aid has proved effective in preventing family breakups. Under the present law, fathers must leave their homes so that aid can be given to the minor children.

As a member of the Indiana Catholic Conference network and board member of the South Central Indiana Council for the Aging in Area 14, the Interfaith Council, the Retired Senior Volunteer Program and the Salvation Army, I urge you to write to your senator, particularly Sen. Lawrence Borst, chairman of the Senate Finance; Sen. Morris Mills, chairman of the Budget Subcommittee of Senate Finance; Sen. William Dunbar, committee member and responsible for reviewing the state Department of Public Welfare budget, and Sen. Clay Baird of District 46. Send a copy of your letter to Gov. Robert D. Orr. Ask them to consider the plight of the poor. Address all letters to: State House, Indianapolis, Ind., 46204.

Edgar W. Day,
New Albany

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The Sunday-Ledger-Tribune, New Albany, Ind., Sunday, Mar. 31, 1985

Salutes Nutrition Awareness

For Wednesday's noon meal, 19,000 elderly Hoosiers shared exactly the same menu. Governor Robert Orr had designated March as Nutritional Awareness Month, and the Indiana Council for the Aging chose to observe it on Mar. 27 by offering a nutritionally well-balanced meal to elderly people throughout the state.

Locally, meals were served by the council at 16 locations throughout Floyd, Clark, Harrison, and Scott counties. Angie Ashton, nutrition director for the South Central Indiana Council for the Aging, stated, "Through this project, we will try to make senior citizens highly aware of the importance of a good diet."

Ashton announced that senior citizens in Indiana who participate in the program will receive a lunch which includes baked chicken, scalloped potatoes, raw spinach salad, a bran muffin, strawberry ice cream, milk, and orange juice.

SERVING A NUTRITIOUS LUNCH — On Wednesday, senior citizens residing at the Riverview Towers in New Albany feasted on the same menu being served to 19,000 Hoosiers throughout the state. Governor Robert Orr had proclaimed March Nutritional Awareness Month, and the Council for the Aging chose to honor it on this day by providing a highly nutritious lunch. Serving the meal and facing the camera from left to right are Lottie Nein, Roberta Jenkins, Angie Aston (nutrition director of the Council for the Aging), and Fern Longest.
(Tribune Photo by Amy Wilson)

Thursday, March 28, 1985
The Evening News, Jeffersonville, Ind

The Ken Ellis Senior Opportunity Center received a visit from the Young at Heart Theatre Group. Pictured from left, first row, are Miriam Beckel, Al Clark and Eloise Terry, director; second row, Nadine Strain, Elba Schweir, Eric Sleigh, Gordon Keith, Mary Opal Keith, Rafel Sosnin, Elanore Brown, Emmit Gerstle, Ruth Etherton, Billie Jo Amin and Glaldys Clark. (Staff photo by Nellie Lane).

Wednesday, Apr. 10, 1985
The SCOTT COUNTY JOURNAL

There were several dignitaries on hand for the recent 'Nutrition Awareness Day' observance at the Scott County Senior House in Scottsburg.

From left to right in the photo above are Nancy Shiner of the Council for the Aging and Aged, Mayor Ed Cozart of Scottsburg, Senior House Site Manager Marge Julian, and Vienna Township Trustee Dwayne Ferrell.

Wednesday, April 10, 1985
3 The Charlestown, In., COURIER,

Search underway for Senior Queen

The annual search for a deserving senior lady to be Area 14's Senior Queen has begun. Civic organizations and clubs are urged to sponsor an individual for this honor.

The award is opened to any senior lady sixty-five years of age or older, residing in Clark, Floyd, Harrison or Scott County and having a record of service to her family, church and community. The contestants are judged on personality, civic contributions and a question-answer session.

The Senior Queen Award will be given at a luncheon on Friday, May 24, as part of Older Americans Month. The luncheon will be held at Yellowwood Terrace in Clarksville, Indiana. The woman chosen to represent Area 14 will compete with fifteen other area queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 senior queen participates in Harvest Homecoming, serves as hostess at various council functions, and becomes a representative to several conferences.

The 1984 Senior Queen is Pearl Torstrick of Clarksville. First runn-up was Mary Schlosser of Jeffersonville; and second runner-up was Margaret Baker of New Albany.

For further information and an application, contact Nancy Shiner at !812) 948-8330. The deadline for entering the event is May 3. The award is sponsored in part by the South Central Indiana Council for the Aging and Aged, Inc. +

Wednesday, April 10, 1985
THE BANNER-GAZETTE

Area 15 announces Senior Queen search

The annual search for a deserving senior woman to be Area 14's Senior Queen has begun. Civic organizations and clubs are urged to sponsor an individual for this honor.

The award is opened to any senior woman, 65 years of age or older, residing in Clark, Floyd, Harrison, or Scott Counties, and having a record of service to her family, church and community. The contestants are judged on personality, civic contributions and a question-answer session.

The Senior Queen Award will be given at a luncheon on Friday, May 24, as part of Older Americans Month. The luncheon will be at Yellowwood Terrace in Clarksville. The woman chosen to represent Area 14 will compete with 15 other area queens at the Indiana State Fair for the title of Indiana State Senior Queen. In addition to competing in the state contest, the Area 14 Senior Queen participates in Harvest Homecoming, serves as hostess at various council functions, and becomes a representative to several conferences.

The 1984 Senior Queen is Pearl Torstrick of Clarksville; first runner-up was Mary Schlosser of Jeffersonville; second runner-up was Margaret Baker of New Albany.

For further information and an application, contact Nance Shiner at 948-8330. The deadline for entering is Friday, May 3. The award is sponsored in part by the South Central Indiana Council for the Aging and Aged, Inc.

Wed. May 1, 1985
The Tribune, New Albany, Ind.

Ken Ellis Seniors Plan Crafts, Trips For May

Crafts and trips are planned for May at the Ken Ellis senior citizens center in Jeffersonville.

Crafts for the month will include Derby horses, Mother's Day items, refrigerator magnets, scotty dogs and sewing.

Trips for the month will be to the Fourth Avenue Methodist Church to hear the MacDowell Music Club May 9, followed by dinner at Kingfish restaurant. On May 22 there will be a trip to the Phillip Morris cigarette plant, lunch and a tour of the new Churchill Downs Museum.

Nancy Shiner will give a special program on safety May 14 at Clasburg Towers and games will be played afterwards.

The monthly dinner is scheduled for May 16, beginning at 10 a.m. with a hairstyling demonstration. The Rev. John Thrasher, pastor of Wesley Chapel United Methodist Church, will show slides of his recent trip to the Holy Land and Floyd Adams, also from Wesley Chapel, will entertain with music and singing. The May monthly dinner will feature salads and everyone is asked to bring a different salad.

Joann Dome from the Visiting Nurses Association will speak to the group May 21.

Senior citizens 60 or older are welcome to participate in any activities at the Ken Ellis center, which is sponsored by the South Central Indiana Council for the Aging and Aged.

The South Central Indiana Council for the Aging and Aged will sponsor the group's annual legislative seminar from 9:30 a.m. to 2:30 p.m. Friday at Trinity United Methodist Church, 2796 Charlestown Road in New Albany.

Cy Gunn, state legislative representative for the Department on Aging and Community Services, will lead the morning session.

Several state legislators are also scheduled to speak on the legislation they supported and issues of interest to senior citizens.

After a luncheon, former Sen. Harry Thompson will review the 1985 legislative session. Call 948-8330 for more details.

INDIANA UP

Indiana Update contains news and announcements from Southern Indiana. Send items to Indiana Update, The Louisville Times, 525 W. Broadway, Louisville 40202, or call 582-4234.

Compiled by ED SCHUELER

A **1985 legislative seminar,** sponsored by the South Central Indiana Council for the Aging & Aged Inc., is the first of several activities scheduled as part of **Older Americans Month.** The seminar will be from 9:30 a.m. to 2:30 p.m. Friday at Trinity United Methodist Church, 2796 Charlestown Road, New Albany.

Cy Gunn, legislative representative for the state Department on Aging and Community Services will chair the morning session. Several state lawmakers have been invited to discuss legislation of special interest to older persons.

Mayors and public officials in Clark, Floyd, Harrison and Scott counties also have been invited to attend.

Later this month, the senior queen award will be presented in recognition of a woman's community contributions. A health fair emphasizing home-health aids is scheduled for June 6.

For more information, call 948-8330.

●

May is **National Mental Health Month,** and the Clark County Chapter of the Mental Health Association of Indiana, along with Jeffersonville Township Public Library, is co-sponsoring a series of three programs to

The Tribune, New Albany, Ind., Friday, Apr. 19, 1985

PREPARE PROGRAM — Senior Day College steering committee members review the class schedule. Seated is Pat Cornwell of the Community Education Council. Standing are, from left, Joe Jacoby, Interfaith and Retired Senior Volunteer Program; Ed Day, retired businessman, and Nancy shiner of the Council on the Aging and Aged.

Senior Day College Offered In Area

An older lady who heard a presentation on classes for Senior Day College, said that until moving into her present senior housing, she had always attended a class somewhere that "Fed my mind, and now my prayer has been answered." The fact that she no longer drives didn't discourage her. She was overheard arranging transportation with a willing couple just as the meeting was breaking up.

Senior Day College is the newest project sponsored by Interfaith Council and its Retired Senior Volunteer Program, familiarly known as RSVP. Although designed for retired adults and those nearing that period in their lives, persons of any age and educational background are welcome to attend two classes for $10 and one group each Tuesday at 9 a.m. begining May 7 and running through June 25. Following each luncheon, lectures have been scheduled. After a question and answer period and a short break, club groups round out the day ending at 2:30 p.m.

Spring classes will be held at the First Christian Church, 3209 Middle Road, Jeffersonville. To request a registration form, interested persons should cal the Council or RSVP at 948-9248 or 948-1815.

The following nine classes have been scheduled, Planning and Living Out Your Retirement with Social Security and Other Assets; Eat Well, Live Well; Current Events; Travelogues; The Fit and Feisty Senior; Law and the Retired or Soon-to-be Retired Adult; The Joy of English Literature and Poetry; Bible Study, and a Discussion Group using Favorite Articles from Readers Digest.

Five club groups meeting include Easy Stretching Exercises; Camera Club; Begining Bridge; Art Club, and Pinochle or Euchre.

Similar leisure time non-credit courses are offered in other cities during the daylight hours because of the difficulty older adults experience driving at night. The average attendance in these other schools range from under 100 to several hundred.

The goal for Senior Day College's first day is 200.

The Tribune, New Albany, Ind., Tuesday, Apr. 30, 1985

Older American Salute

"Help Yourself to Independence" is the theme for this year's Older Americans Month. Most of the nation's 39 million older Americans can work to enhance their own independence by planning carefully for their retirement years, pursuing lifestyles that protect their health and fitness, maintaining close ties with their families , friends and neighbors, and availing themselves of the many services and technological advances that exist to meet their needs. For those older people who need some help in maintaining their independence, the State and Area Agencies on Aging can provide older Americans with information and assistance.

Nationwide activities in celebration of the month will include:

✓A Presidential Proclamation highlighting the Older Americans Month theme.

✓A wide range of activities by State and Area Agencies on Aging and other organizations — including proclamations by Governors and mayors, special recognition events, contests, education programs and senior citizen fairs.

✓A special issue on Aging magazine focusing onthe Project Independence Award winners, as well as articles on how individuals, their families, community groups and businesses, through technological advances applied to consumer products, can foster independence.

✓A special poster featuring the them "Help Yourself for Independence."

In addition, local activities planned by the South Central Indiana Council for the Aging and Aged, Inc., for Older Americans Month are:

✓A Legislative Seminar updating the just completed 1985 legislative session Friday.

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Aging at 948-8330.

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Staff Photo by Bill Kight

Stroud, who suffers from emphysema and has recovered from a collapsed lung, hopes to borrow another one this year.

Program to lend air conditioners is resuming

By CHERYL DEVALL
Courier-Journal Staff Writer

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"For the last couple of summers I had to stay where it's cool or I couldn't breathe," said Mrs. Stroud, 49, who suffers from emphysema and has recovered from a collapsed left lung. "My doctor said I would be better off if I had something in the house to keep me cool. If I didn't, he said I'd be spending a lot more time in the hospital than in here."

Mrs. Stroud and her husband, Jesse, 58, were eligible last year to borrow an air conditioner from the Allied Seasonal Assistance Program, a coalition of social-service agencies that helps low-income people in Floyd County cope with the extremes of summer and winter.

The Strouds have applied again for the program this year, Mrs. Stroud said, because "it made a whole lot of difference in the house."

Yesterday, as the temperature peaked in the low 80s, she sat with the living room door open as noisy traffic on Spring Street passed by.

"I'd have to find another way if it wasn't for the program," she said. "I probably couldn't stand it another summer without an air conditioner."

The program — jointly sponsored by the Floyd County Council on the Aged and Aging, the Salvation Army, the Floyd County Community Action Agency, the Family Services Bureau and the local chapter of the American Red Cross — loaned out 40 fans and air conditioners last year, aiding 90 people.

This year, at least 45 air conditioners will be available in the second year of the program because of an endowment from one of New Albany's old buildings. About 30

See PROGRAM
PAGE 2, col. 6, this section

LOCALNEWS

Cool thinking . . . G

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Program to lend air conditioners ready to resume

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The Tribune, New Albany, Ind., Friday, Apr. 19, 1985

PREPARE PROGRAM — Senior Day College steering committee members review the class schedule. Seated is Pat Cornwell of the Community Education Council. Standing are, from left, Joe Jacoby, Interfaith and Retired Senior Volunteer Program; Ed Day, retired businessman, and Nancy shiner of the Council on the Aging and Aged.

Senior Day College Offered In Area

An older lady who heard a presentation on classes for Senior Day College, said that until moving into her present senior housing, she had always attended a class somewhere that "Fed my mind, and now my prayer has been answered." The fact that she no longer drives didn't discourage her. She was overheard arranging transportation with a willing couple just as the meeting was breaking up.

Senior Day College is the newest project sponsored by Interfaith Council and its Retired Senior Volunteer Program, familiarly known as RSVP. Although designed for retired adults and those nearing that period in their lives, persons of any age and educational background are welcome to attend two classes for $10 and one group each Tuesday at 9 a.m. begining May 7 and running through June 25. Following each luncheon, lectures have been scheduled. After a question and answer period and a short break, club groups round out the day ending at 2:30 p.m.

Spring classes will be held at the First Christian Church, 3209 Middle Road, Jeffersonville. To request a registration form, interested persons should cal the Council or RSVP at 948-9248 or 948-1815.

The following nine classes have been scheduled, Planning and Living Out Your Retirement with Social Security and Other Assets; Eat Well, Live Well; Current Events; Travelogues; The Fit and Feisty Senior; Law and the Retired or Soon-to-be Retired Adult; The Joy of English Literature and Poetry; Bible Study, and a Discussion Group using Favorite Articles from Readers Digest.

Five club groups meeting include Easy Stretching Exercises; Camera Club; Begining Bridge; Art Club, and Pinochle or Euchre.

Similar leisure time non-credit courses are offered in other cities during the daylight hours because of the difficulty older adults experience driving at night. The average attendance in these other schools range from under 100 to several hundred.

The goal for Senior Day College's first day is 200.

The Tribune, New Albany, In

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For Additional Health Fair Articles, turn back 3 pages

Page 2 The Tribune, New Albany, Ind., Wed. May 15, 1985

SENIOR SWINGER — New Albany Mayor Charles Hunter was on hand at a pitch in dinner held at the Senior Center at 317 East Fifth St. Monday where he found some real senior swingers. While some of the senior musicians were playing music Juanita Banet grabbed the mayor for a little two-step around the dance floor. The dinner was part of the celebration designating this week as Senior Center Week with the theme of "Senior Centers are Wellness Centers".
(Tribune Photo by Don Beck)

The Tribune, New Albany, Ind., Monday, May 13, 1985

'People Participation' Is Seasonal Assistance Key

By DALE SANDUSKY

With the prospect of an early summer heat wave, the second season of the Allied Seasonal Assistance Program (ASAP), a community effort to provide air conditioners or fans for the sick and needy, was kicked off this morning. And the multi-agency program, usually strapped for money, got a little help from friends.

Mayor Charles Hunter was on hand to tell "a people-participation story" that led to the donation to the program of about 30 used air conditioners from the remodeled Elsby Building.

Hunter said Paul Schulz came to his office with the suggestion that the city ask Elsby developers for the units. Hunter said he and Building Commissioner Doug England consulted Robert Metts, one of the owners of the Elsby Building. "We didn't even have to do a sales job. He told us he'd be happy to participate," Hunter said.

Following another suggestion from a staff member, Hunter contacted Lee Huckleberry, an instructor at Prosser Vocational School, who said his class would renovate the air conditioners and would maintain them for the program.

The donations brought to about 50 the number of air conditioners the ASAP has on hand. The units are being made available to persons who may apply at one of five agencies from 9 a.m. to 3 p.m. weekdays.

The agencies include the Floyd County Community Action Agency, American Red Cross, Family Bureau, Salvation Army and South Central Indiana Council for the Aging and Aged.

Persons seeking an air conditioner, which will be given on loan through the end of hot weather, must produce a doctor's certificate testifying that the heat does pose a health problem.

Fans will also be made available, but no doctor's certificate will be required for their loan.

Persons whose combined household income is at or below 125 percent of the Office of Management and Budget poverty guidelines are eligible. The eligibility is as follows: household of one, $6,563 annual income; two, $8,813; three, $11,063; four, $13,313; five, $15,563; six, $17,813; seven, $20,063; eight, $22,313; nine, $24,563, and 10; $26,813.

Ron Gaddie, director of the program, said about 40 persons were helped during the initial ASAP effort last summer.

He said he was grateful for the response that brought $2,819 in donations that allowed the program to purchase six air conditioners and 16 fans. But the purchases left this year's program with less than $300 in its account.

"We're always in need of funds. It is a good program for someone who would like a cause that helps people."

He said donations to the fund may take the form of checks to the Allied Seasonal Assistant Program account at Mutual Trust Bank

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The Evening News, Jeffersonville, Ind., Tuesday, June 11, 1985

Louise Miller, left, a resident of Clark Arms Apartments, was honored with a surprise party in celebration of her 94th birthday sponsored by residents of the apartments and members of the South Central Indiana Council for the Aging and Aged, Inc. Pictured with the honoree is Carolyn Burgess, meal site director. (Staff photo by Nellie Lane).

The Courier-Journal, Friday morning, June 7, 1985

INDIANA

Staff Photo by James H. Wallace

A fairly healthy exercise

Lillian Eisenmann, 80, did an exercise to help her arms and upper body yesterday during a health fair sponsored by the South Central Indiana Council for the Aging and Aged Inc. The fair was held at the Knights of Columbus Hall, 805 E. Main St. in New Albany.

THE LEADER, Wednesday, May 29, 1985

Senior Citizens plan trips

Charlestown Senior Citizens have made several plans for the summer months. Wednesday June 5 and 19 the group plan on a trip to Green Tree Mall. Interested persons should call the Senior Citizens Center at 256-3941. They will travel by bus to Nashville, Tenn. Friday June 7. They will spend the night in an Orpyland Hotel.

Wednesday, June 12 the group will take a trip to Squire Boone Caverns. A trip has been planned for Monday June 24 to take a cruise on the Belle of Louisville. They will eat lunch at the Kingfish restaurant.

In July a trip is being planned to Bardstown, Ky., and in August the group will go to the Kentucky State Fair.

Daisy Smith made pillows which the group will sell to make money for a bus trip to Historic Stearns Kentucky and a train ride on the Big South Fork Railway.

The first and third Tuesday of every month the group rides to Scottsburg for a night of dancing.

All Senior Citizens age 60 and over are welcome to come to the center and join in the activities and bus trips.

THE COURIER-JOURNAL, TUESDAY, JUNE 18, 1985

The flim-flam man is alive and well, state warns older citizens

By JUDITH EGERTON
Courier-Journal Staff Writer

NEW ALBANY, Ind. — Don't buy hearing aids or eyeglasses from door-to-door salesmen. And don't send money for arthritis or cancer cures advertised in magazines, Indiana Attorney General Linley E. Pearson told about 20 New Albany residents yesterday at the Council for Aging.

There is no cure for those diseases. And only an eye or ear specialist can advise someone about eyeglasses and hearing aids, Pearson said.

For the third consecutive summer, Pearson and members of his staff are touring the state warning residents of fraudulent schemes.

"The most likely victims are the elderly," Pearson said. Telling older citizens about what to watch for and who to call if they suspect they've been bilked is a necessity and the most effective way to fight the problem, he said.

Pearson and two aides spent about an hour in New Albany giving out pamphlets and pointers:

✓ Beware the salesman who knocks at your door offering a fabulous deal on blacktop.

✓ Be leery of telephone solicitors. Check them out with local police or the attorney general's office before mailing a check.

✓ Don't make investments without checking with your banker, a licensed broker or the Indiana secretary of state's office.

✓ Be careful not to buy overlapping insurance coverage. Most daily nursing-home or hospital costs are covered under Medicaid, Pearson said. Consult with a reputable agent or the state Insurance Department of Consumer Services.

✓ Funeral companies cannot legally insist that all services — from coffin to grave — be purchased in one package.

✓ Before buying a new or used vehicle, test-drive it. Also, carefully read the warranty, check the odometer for tampering and have a trusted mechanic inspect the vehicle.

Last year, the Consumer Division of the attorney general's office received 3,100 written complaints. Sixteen percent — or almost 500 — of them were related to auto sales and service.

There were 220 complaints about mail-order problems and 200 related to home improvement, remodeling and real estate.

The attorney general also received 169 complaints against doctors, dentists, pharmacists, chiropractors and nurses.

Only eight complaints were made about door-to-door sales. But the flim-flam man hasn't retired.

Fraudulent driveway paving, furnace replacement, and roof and chimney repairs are common complaints from the elderly, according to Jan Berg of the Consumer Division.

For example, a consumer may think he or she is buying a new furnace, only to discover after paying hundreds of dollars that it is the same furnace with a new coat of paint.

The audience at the Council of Aging was grateful for the tips.

"I'll be more on my guard now," Viola DeVore said, adding that she's never been a victim of a scam and doesn't want to be. "I'll be more suspicious."

"It's helpful to know who to call," said Dorothy Casey, who said she is often annoyed by telephone solicitors.

Directories of state agencies that handle consumer complaints are available at the Council on Aging, 317 E. Fifth St. in New Albany. Problems or claims of fraud can be reported by calling the attorney general's toll-free telephone number, (800) 382-5516.

Staff Photo by Tom Hirschfeld

Indiana Attorney General Linley E. Pearson listened to Mary Perkins' questions about what she can do to avoid consumer fraud yesterday at the Council for Aging in New Albany.

The Evening News, Jeffersonville, Ind., Tuesday, June 18, 1985

About Scams:

Pearson Advises Elderly

By MARILYN STREET

State Attorney General Lindley Pearson was in New Albany yesterday to give senior citizens advice on avoiding possible scams.

Pearson and two aides talked with approximately 20 residents at the Council for Older Americans for nearly an hour in an attempt to show them how to protect themselves from being taken advantage of. The statewide program is in its third year.

Pearson said the focus of the consumer program is to provide information to consumers, particularly older Hoosiers, that increases their awareness of possible fraudulent activities. During the talk, Pearson warned the senior citizens of the scams, explained their rights and told them how and where to make their complaints.

The program focuses on scams like home repair and remodeling, insurance frauds, physical abuse, neglect of the elderly and funeral and burial frauds. Among other prevalent problems for older Hoosiers are mail-order schemes, door-to-door salespeople, and charitable solicitations both at home and on the telephone.

The attorney general said the seminars help heighten awareness of consumer fraud techniques used throughout the state on a regular basis.

Pearson told the group there are several options for consumers to seek help and booklets outlining where to go for help on a particular problem are given to each participant.

He advised the group that most consumer problems in purchasing can be avoided by making sure you know with whom you are dealing. Local merchants who are known to the community are best to deal with to avoid most major problems.

Pearson said older people shop more by mail and have problems with delivery or an unsuitable product. There are rules which mail order companies must follow, he said, and both the attorney general's office and postal authorities can help the consumer with problems.

Door-to-door salespeople tend to sell with high pressure and scare older citizens into buying their products. Indiana law allows consumers three days to change their minds about buying a product from door-to-door salespeople.

Because senior citizens are home more often than others, they are susceptible to telephone solicitations by people purporting to be collecting for a worthy cause. Laws passed in the 1983 General Assembly require the solictor who is not an unpaid volunteer of the organization to disclose what amount goes to charity and what goes to the fund-raiser.

Insuranceis a major concern for older Hoosiers because Medicaid does not cover all health costs. Overlapping coverage is often sold by unscrupulous salespeople, without regard to the needs of the consumer. Check with friends, respected insurance professionals and others with opinions you value before buying insurance coverage, Pearson advised.

Consumers who have problems can call toll-free: 1-800-382-5516. Insurance complaints can be directed to the Department of Insurance Consumer Division at its toll-free number, 1-800-622-4461.

INDIANA ATTORNEY GENERAL Linley Pearson addressed area senior citizens on steps to take in order to avoid becoming victims of various scams and where to report incidents in the event they are victimized. (Staff photo by Marilyn Street).

The Evening News, Jeffersonville, Ind., Friday, July 5, 1985

Adult Day Care Center Benefits Many

By MARILYN STREET
Evening News Staff Writer

An adult day care center is being offered for senior citizens in Clark, Floyd and Harrison counties.

The program, which is being managed and conducted by the Providence Retirement Home management and staff, is designed for older adults who live at home alone or with someone else and is interested and/or needs the company of older persons in a daytime setting.

Sister Barbara Ann said the intent of the social model program is to provide a place for older people to come for socializing. She said the program is to enhance socilization, increase independence and to allow those who normally stay in their homes the opportunity to get out.

The center, which is located at Jansen Hall, 716 E. Elm St., New Albany, began operating this week and is open from 8:30 a.m. to 4:30 p.m. Monday through Friday. The fee is $13 per day, but funding is available through the Area 14 Agency on Aging for low income persons. For those who need it, transportation will be provided by the South Central Indiana Council on Aging for a very small donation.

The center is for persons 60 years or older. Each client must be sufficiently ambulatory, either with or without assistive devices including wheelchairs and walkers.

A pre-admission interview with potential clients will be conducted by the director. Those who are excepted will have completed a physical examination conducted by their own physician at their own expense. In addition, two Mantoux PPD tuberculin skin tests will be administered upon admission by the director of the center.

Social activities are one of the services provided at the center. Among those are crafts, exercises, classes, parties, bingo, bunco, movies, and outings to museums, theatres, shopping malls, parks and lakes. The activities are scheduled one month in advance to allow the center's clients to elect which days they wish to come. Sister Barbara Ann said the calendar will be flexible and on some occasions, will have two or three activities conducted concurrently to give the clients a selection.

The center will also offer nutritious snacks throughout the day and a large, hot meal at noon.

In addition, emergency medical services will be provided, medication will be administered and a blood pressure clinic will be conducted. Sister Barbara Ann said an LPN will be on hand to provide the services as well as check the clients' blood pressure as warranted.

Sister Barbara Ann said that although clients are not required to attend five days a week, recent studies show that a person who does attend each day receives the greatest benefit from the activities. She noted that in order to receive a worthwhile benefit, the clients should attend a minimum of three days. But that is not mandatory.

Personal tours can be arranged by contacting the director at 945-5350.

THE BANNER-GAZETTE, Wednesday, July 3, 1985

Senior citizens to see movies

The South Central Indiana Council for the Agine & Aged, Inc., announces "Movie Time," a summer movie series for senior citizens. For the price of $3, a senior citizen will be given a season ticket good for four movies in July. The movies and dates scheduled are:

July 10--"On Golden Pond," with Henry Fonda, Katherine Hepburn and Jane Fonda.

July 17--"Gigi," with Maurice Chevalier, Leslie Caron and Louis Jourdan.

July 24--"Philadelphia Story," with Jimmy Stewart, Katherine Hepburn and Cary Grant;

July 31--"Casablanca," with Humphrey Bogart and Ingrid Bergman.

The box office price for a single movie will be $1. A limited number of tickets are available at the Green Tree 4 Theatres in Clarksville. For further information, contact the Council for the Aging at 948-8330 or the Green Tree 4 Theatres at 282-1394.

THE COURIER-JOURNAL, FRIDAY, JULY 12, 1985

CLARKSVILLE — Discount tickets for movies are being offered by the South Central Indiana Council for the Aging and Aged at the Green Tree 4 Theatres.

For $3, a senior citizen may view "Gigi" on Wednesday; "Philadelphia Story" on July 24; and "Casablanca" on July 31. Seniors also can buy just one ticket for any of the three films for $1. Call 948-8330 for details.

CORYDON — The Old Capitol Saddle Club of Corydon will sponsor an Open Horse Show at 1:30 p.m. Sunday at the club grounds on old IND 135, two miles south of Corydon.

Movie Specials

The Associated Theatres of Kentucky offer a Movie Time summer series of four weekly films for children and senior citizens beginning this week.

The children's series, being presented at the Green Tree 4 Theatres at 10 a.m. each Wednesday during July will include the following: "Benji," Wednesday; "Smurfs and the Magic Flute," July 17; "The Muppets Take Manhattan," July 24, and "Charlotte's Web," July 31.

The seniors' series, being offered at 10 a.m. Tuesdays in July at the Village 8 Theatres, will include: "On Golden Pond," this Tuesday; "Gigi, July 16; "The Philadelphia Story," July 23, and "Casablanca," July 30.

Season tickets for both series are $3 each, or a box office price of $1 per movie.

The Tribune, New Albany, Ind., Wed. June 19, 1985

Ruth Bledsoe Is Senior Queen

By JACKIE HARRISON

She's beautiful, over 65, and she's queen of the aged. Ruth Bledsoe of New Albany was crowned the 1985 Area 14 Senior Queen at Yellowwood Terrace in Clarksville. Area 14 includes the counties of Floyd, Harrison, Clark and Scott.

Of the 14 women being judged, Bledsoe's personality and involvement with the senior citizens, as well as her long history of being active in the community, put a golden crown upon her head recognizing her outstanding achievements.

She was reluctant to enter the contest, but she was encouraged by Nathan Wolf, a good friend who wrote Bledsoe a great recommendation and said, "No one was more deserving than her to win."

She is a very modest women and is never reluctant to give others credit. "I was so shocked when I won. There were many, many, lovely women there. Any one of them would have made a great queen. I know some of them and I know they have done the community a great deal of service."

Bledsoe was so suprised to hear her name called when she won the contest she just stood there even after she was announced queen. "I just couldn't believe they were talking about me."

Since the age of 12 she has been involved with community work and has enjoyed each day since the very beginning. "When God gives you a talent for something you're supposed to share it with others. I do what I have to do without thinking about it. I've never been the type of person to just sit around and do nothing. I guess I'm just doing what comes naturally."

Bledsoe's father, who was a minister, always told her to do the very best she could at everything because one day she will have to be accountable for the things she has done. "'Do it well or forget it. Half-way jobs won't count.' That's what my father used to tell me. Now I've preached that to my children and grandchildren."

The Busy Bees, a children's organization, was the first group Bledsoe worked with in her long line of involvements. She is currently employed as a teaching assistant in the English as a Second Language program offered by the Adult Learning Center in Floyd County. This program assists foreigners who have recently located in our area in adjusting to a new way of living and improving their English skills. She is influential in finding them jobs, homes, furniture, clothes, and basically, "teaching them how to live."

"I try to tell them what America's all about. People hear so much about America that isn't good. I want to point out some of the good things to them." It doesn't stop there for her. She has often taken refugees home to live with her when they have no place to stay. She takes care of them as if they were one of the children.

ADMIRING—Nathan Wolf admires the plaque Ruth Bledsoe received as the Area 14 Senior Queen. Wolf and Bledsoe work together in the English as a Second Language program at the Adult Learning Center and Wolf recommended her for the contest. Bledsoe will represent this area in the Indiana State Senior Queen Contest Aug. 16 at the Indiana State Fair.

(Tribune Photo by Don Beck)

Among Bledsoe's other awards and accomplishments are the 1983 Area 14 Older Hoosier of the Year and the 1978 Head Start Mother of the Year. She is also very active in her church, First Church of God, where she is a Sunday School teacher and she assists with activities for residents of the Robert E. Lee Retirement Inn.

You might think she would be a little nervous going through all of this, but she said she doesn't think she'll be nervous at all. "People don't frighten me. I've had a lot of experience at public speaking in churches and I think I'm past the nervous stage. I'll be running against people I know and I think that in itself is going to make it fun and interesting. I'll be among friends there."

In 1973 Bledsoe competed in this same competition, but did not become a winner. She says she feels she knows part of the reason why. "I hate to talk about myself and everything I've done. I just don't feel comfortable talking about how great I've been. That's just not the right thing to do." But in order for them to know what she has done, she must tell them, so Bledsoe says "this time I'm not going to hold back."

Nancy Shiner, program developer for the South Central Council for the Aging, is sponsoring Bledsoe in the next level of competition, the Indiana State Senior Queen Contest at the Indiana State Fair in Indianapolis on Aug. 16. "I'm very pleased with the judges' decision. Ruth has a very good chance of winning the competition. She has been involved with community work all her life, she didn't stop working after she reached 65 years old and that is something the judges look for, Shiner commented."

Community service will be scored as half of the points. An interview judging the women's personality will consist of one fourth of the points. All the women must be at least 65 years of age. There will be 16 other women from Indiana in the competition.

Bledsoe's main comment about the contest in August is "I'm going up there with every intention of coming back a winner."

First runner-up in the Senior Queen contest was Leota Wood of Charlestown and second runner-up was Chalmer Farnsley of Sellersburg. The other contestants were Bridget Douglas, Martha Fraley, Ida Mull, all of Clarksville; Kathryn Spencer and Esther Stouffer of New Albany; Mary Voight and Carroline Wells of Jeffersonville; and Ethel Shirley of Scottsburg.

The Area 14 Senior Queen Award is sponsored by Kiwanis of Historic New Albany, the Jeffersonville Jaycees and the South Central Indiana Council for the Aging and Aged Inc.

The Sunday-Ledger-Tribune, New Albany, Ind., Sunday, Sept. 22, 1985

Providence Celebrates Adult Day Care With An Open House

By JANE ALCORN

To celebrate National Adult Day Care Week, the local program at Providence Retirement Home is hosting an open house Thursday from noon until 2 p.m. at the home's Jansen Hall.

Shirley Leach, acting director of the day care, and Sister Barbara Ann Zeller, Providence administrator, have invited social service agencies, support groups, civic organizations and families of the program's clients to the celebration. They also urge members of the public to visit on the day of the open house, particularly if they are interested in day care for a relative or friend.

Clients and guests will be entertained with a fashion show by youngsters who visit the Providence residents on a regular basis. The usual activities of the day care will be going on and crafts displayed.

Presently, the Providence program has seven clients and there have been as many as 11 attending.

Sister Barbara Ann said some of the clients have moved to intermediate care facilities. "This program is a hope to delay that move," she said.

Another client was rehabilitated through the program and has returned from the retirement home provides services for the program.

Mrs. Leach is extremely proud of the program and of the clients. "Each person who comes is very conscious of the other and all are very caring," she said.

"There is a real commaradery," Sister Barbara said.

Not all of the clients are elderly. There are younger Alzheimer's victims too.

The program is for those who live alone, to provide social interaction, and those who live with family. "In that case, the program provides socialization for the client and respite for the care giver," Sister Barbara noted.

"So far, everything has been lovely," was the remark made by Caroline Arbuckle. Caroline is at day care three days a week. She suffered a stroke six years ago and is in a wheel chair, and although she is paralyzed on the right side, she communicates clearly and enjoys visiting the other clients. Her religious beliefs keep her from playing bingo or cards, but when the others are participating in those activities, Caroline reads. "I don't believe in contrariness," she said. "I belive in keeping a sweet spirit."

JoAnn Sutton, whose husband, Floyd is a client at day care, said, "I believe firmly in day care. If it weren't avaialable, I couldn't go to work."

Mrs. Sutton explained Floyd has Alzheimer's and needs supervision. "It's a godsend to people who work," she said. The Suttons live in Scottsburg and Mrs. Sutton works in Louisville. She drops Floyd off at day care each morning on her way and picks him up after work.

"For those who want to keep the family at home, who don't really need to be put in an institution, it is a great thing," Mrs. Sutton said.

The Sunday-Ledger-Tribune, New Albany, Ind., Sunday, June 23, 1985

ADULT DAY CARE

This program is designed for older adults who live at home alone or with someone else and, who would like and/or need the company of other older persons in a day time setting. The program is managed and conducted by Providence Retirement Home management and staff.

Services Provided are:

Dietary - Hot dinner served in a social setting at noon
Nutritious snack
Social Activities - Crafts, exercises, classes, parties, dances, cards, bingo, bunco, movies, outings to museums, theatres, shopping malls, parks and lakes
Nursing - Emergency medical services provided
Medication administered
Blood pressure clinic

Hours - 8:30 am - 4:30 pm
Days - Monday - Friday
Fee - $13.00 day

Funding through the Area 14 Agency on Aging is available for low income persons.

Location - Jansen Hall, 716 East Elm Street, New Albany
For further information and a personal tour, call
945-5350 or 945-5221

PROVIDENCE RETIREMENT HOME

Providence Retirement Home
703 EAST SPRING STREET
NEW ALBANY, INDIANA 47150

Popular Adult Daycare Will Resume

Providence Retirement Home is once again offering Adult Daycare for persons 60 and over. Daycare is a component of Providence's effort to make services available to the community that are provided at the home and provide alternative care to seniors who live with families who work.

The daycare is an alternative to the person staying home alone all day, or possibly being placed in a nursing home.

Sister Barbara Ann Zoeller, administrator at Providence, speaks highly of the daycare, which is predominantly a social and health services program.

The idea began in Britain in the early 1950's and expanded into the U.S. in the 1970's. Presently, there are about 800 centers in the country.

Daycare allows for therapeutic care to be given in a group setting, which reduces loneliness and social isolation of the older persons and facilitates the delivery of multiple services.

Maudie Smith of Clarksville, who lives with her granddaughter, Alica Soliz, is one the the senior citizens who will be attending adult daycare at Providence.

Mrs. Smith, who is recovering from a stroke, had been visiting the Ken Ellis Senior Citizens Center in Jeffersonville, but was spending her afternoons, when the center closed, at home alone while Alica worked.

"The daycare will be great," Ms. Soliz said. "She won't have to be by herself in the afternoon."

The cost of the program is $13 a day. Funding through Area 14 Agency on Aging and Aged is available for low income persons, as is transportation.

Dorothy Carroll will be directing the daycare.

The intent of Providence's program is to:

- ✓ enable impaired elderly to maintain residence in the community as long as they are able;
- ✓ improve or maintain the client's level of physical or emotional functioning;
- ✓ increase the person's independence on basic activities of daily living;
- ✓ improve or maintain the client's interpersonal relationships with his/her family and friends;
- ✓ assist clients in re-establishing their desired lifestyle or increase their life satisfaction;
- ✓ offer support for family members involved in the care of an elderly individual.

A mix of services will be offered as needed. To initiate the program, medication will be administered and health needs maintained, self-care services oriented toward the activities of daily living, social work services and supportive counseling that seniors and their families may need provided, recereation therapy and social activity opportunities, dietary and pastoral care services provided.

Sister Barbara said it is her hope the program will help those participating make new friends and enjoy new activities and provide a link to services that maintain health.

"Also, a respit and support will be provided for the 'chief caretakers' of many elderly persons," she said.

For more information, call Providence at 945-5221.

WILL PARTICIPATE IN DAYCARE — Sue Johnson, left, of the Ken Ellis Senior Citizens Center in Jeffersonville, talks with Alica Soliz, center, and her grandmother, Maudie Smith, both of Clarksville. Johnson is explaining alternative care for senior citizens at Providence Retirement Home, which is offering Adult Daycare beginning July 1. Adult Daycare allows senior citizens who live with their families to participate in a daycare program at the home while family members are at work, as opposed to staying home alone, or possibly entering a nursing home.

(Tribune Photo by Jane Alcorn)

A8 The Clark County Journal, Jeffersonville, Ind., Wednesday, July 10, 1985

Adult Day Care

Center Benefits Many In County, Both Young And Old

By MARILYN STREET
Evening News Staff Writer

An adult day care center is being offered for senior citizens in Clark, Floyd and Harrison counties.

The program, which is being managed and conducted by the Providence Retirement Home management and staff, is designed for older adults who live at home alone or with someone else and is interested and/or needs the company of older persons in a daytime setting.

Sister Barbara Ann said the intent of the social model program is to provide a place for older people to come for socializing. She said the program is to enhance socilization, increase independence and to allow those who normally stay in their homes the opportunity to get out.

The center, which is located at Jansen Hall, 716 E. Elm St., New Albany, began operating this week and is open from 8:30 a.m. to 4:30 p.m. Monday through Friday. The fee is $13 per day, but funding is available through the Area 14 Agency on Aging for low income persons. For those who need it, transportation will be provided by the South Central Indiana Council on Aging for a very small donation.

The center is for persons 60 years or older. Each client must be sufficiently ambulatory, either with or without assistive devices including wheelchairs and walkers.

A pre-admission interview with potential clients will be conducted by the director. Those who are excepted will have completed a physical examination conducted by their own physician at their own expense. In addition, two Mantoux PPD tuberculin skin tests will be administered upon admission by the director of the center.

Social activities are one of the services provided at the center. Among those are crafts, exercises, classes, parties, bingo, bunco, movies, and outings to museums, theatres, shopping malls, parks and lakes. The activities are scheduled one month in advance to allow the center's clients to elect which days they wish to come. Sister Barbara Ann said the calendar will be flexible and on some occasions, will have two or three activities conducted concurrently to give the clients a selection.

The center will also offer nutritious snacks throughout the day and a large, hot meal at noon.

In addition, emergency medical services will be provided, medication will be administered and a blood pressure clinic will be conducted. Sister Barbara Ann said an LPN will be on hand to provide the services as well as check the clients' blood pressure as warranted.

Sister Barbara Ann said that although clients are not required to attend five days a week, recent studies show that a person who does attend each day receives the greatest benefit from the activities. She noted that in order to receive a worthwhile benefit, the clients should attend a minimum of three days. But that is not mandatory.

Personal tours can be arranged by contacting the director at 945-5350.

THE BANNER-GAZETTE, Wednesday, September 11, 1985

Applications announced for Project SAFE

Officials with the Hoosier Valley Economic Opportunity Center (EOC) have announced that applications for Project SAFE assistance will be available as of Monday, Sept. 16.

The applications may be filed at the EOC office, 510 Spring St., Jeffersonville, and at a number of other locations as of Sept. 16. However, EOC officials will be present at a number of sites to receive applications at various times after Sept. 16.

Borden area residents may apply for the assistance at the Borden Museum Building on Wednesday, Sept. 25. Two Harrison County sites will offer opportunities to apply. EOC representatives will be at the Corydon Senior Citizens Center, 123 Mulberry St., on Monday, Sept. 23, and at the Frenchtown Senior Citizens Nutrition Site on Thursday, Sept. 26.

In addition to the EOC office in Jeffersonville, applications may also be filed at a number of other locations as of Sept. 16. The sites include: Floyd County Community Action Agency, 1636½ Slate Run Road, New Albany; Harrison County Community Services, 766 N. Capitol Ave., Corydon, and South Central Indiana Council for the Aged and Aging, 134 E. Main St., New Albany (phone 948-9161).

Applications may also be filed at Public utility offices, such as Public Service Indiana, Clark County REMC, Indiana Gas, Harrison County REMC and Indiana Utilities Corporation.

Project SAFE applications are being taken only from the elderly. Those 60-years-old or older may apply. When applying, a person should have two copies of income verification for the last 12 months; these may include Social Security award letters, direct deposit statements from the bank, copies of checks, or any form of direct verification.

A8 The Evening News, Jeffersonville, Ind., Wednesday, October 9, 1985

Ken Ellis seniors keep busy

Seniors are having a fall fling at the Ken Ellis Senior Citizen Center, 211 Martin Circle, Jeffersonville, Indiana. Exercise for the older adults is taking place on Tuesday and Thursday mornings at 11 a.m., with an hour of senior exercise being taught by Ingrid Schulze and Joann Dupois, I.U.S. students majoring in physical education. Halloween crafts will be made through the month of October, and two trips are being planned. Monday, Oct. 7, Brown County to visit the shops, leaving the center at 9 a.m., and returning at 4:30 p.m. Cost for the trip is $7. Oct. 16, Cherry House at La Grange, Kentucky, eating dinner at McDonanld's and returning to the center before 2 p.m. Cost for this trip is $3. Oct. 8, crafts at Claysburg Towers dining room, and Wednesday, Oct. 9, the Harvest Homecoming Senior Dance at the Providence Home between 1-4 p.m. Refreshments and door prizes will be given. The monthly dinner will be Tuesday, Oct. 15, with Bill Dobson playing harmonica, Ann Bracken from Apostlic Church with devotions and Mr. Willard Mays, director of older adults, speaking at 1 p.m., on seniors advocating for theirselves. Bring a dish and come enjoy the day at the center. Also planned is the health fair at Providence, Thursday, Oct. 24. For all seniors this is free. Thursday, Oct. 31, the annual Halloween party at the center will be from 12:30-2 p.m., with games, refreshments and prizes. Wear a costume and come enjoy this special event. If you're 60 or older come and enjoy this busy senior center sponsored by the South Central Council of Age & Aging Inc. For more information call Sue Johnson at 283-7356, for transportation call 948-9701.

THE INDIANA WEEKLY, WEDNESDAY, OCTOBER 9/10, 1985

Applications taken for Project SAFE

Applications are being taken in Floyd County for Project SAFE, a program that assists elderly and low-income persons in paying their fuel and electric bills. Persons may apply at gas or electric utilities, the Council for the Aging or the Floyd County Community Action Agency, Inc.

Applicants must present a copy of their most recent utility bill, Social Security numbers for each member of their household, and proof of income for the last 12 months. Proof of income may include a Social Security award letter, direct deposit bank statement, a copy of a Social Security check and or other resources, or any form of direct verification.

To qualify for the program, total household income for persons age 60 or over must not exceed 150 per cent of the Office of Management and Budget poverty guidelines. These guidelines, number in household and gross income, are: one, $7,875; two, $10,575; three, $13,275; four, $15,975; more than four, add $2,700 for each additional member of the household.

Assistance for persons in making application for Project SAFE is available at the following locations and schedules:

- ■ Council for the Aging, 134 Main St., New Albany, Monday-Friday, 8 a.m. to 4:30 p.m.
- ■ Floyd County Community Action Agency, Inc., 1636 ½ Slate Run Road, Suite 2, New Albany, Monday-Friday 8:30 a.m. to 3 p.m. Appointments are requested and can be made by calling 945-2925.
- ■ Georgetown Optimist Club, Ind. 64, Georgetown, Tuesdays only, 8:45 to 11:45 a.m., through Nov. 19. (For residents of Georgetown and Edwardsville and Franklin and Georgetown townships.)
- ■ Greenville Elementary School, Clark Street, Greenville, Fridays only, 8:45 to 11:45 a.m., through Nov. 22. (For residents of Greenville, Galena and Navilleton and Greenville Township.)

Those who are homebound may call the Council for the Aging at 948-8330 to make arrangements for an Outreach worker to take an application.

Additional information about the project is available by calling the Council for the Aging at 948-8330, Floyd County Community Action Agency Inc. at 945-2925, or the State Project SAFE office at 1-800 622-4973.

THE BANNER-GAZETTE, Wednesday, Oct. 9, 1985

Floyd County elderly may qualify for Project SAFE

Elderly persons in Floyd County, age 60 and over, who need assistance with their fuel and electric bills, may now apply for Project SAFE.

Income guidelines must not exceed 150 percent of the Office of Management and Budget poverty guidelines. The guidelines are: 1 household member, $7,875; 2 household members, $10, 575; 3 household members, $13, 275; 4 household members, $15,975. For each additional member, add $2,700.

Persons may apply at one of the following sites, established by the Council for the Aging and the Floyd County Community Action Agency.

The Council for the Aging, located at 134 E. Main St., New Albany, will accept applications, Monday through Friday, 8 a.m.-4:30 p.m.

Applications should make appointments at the Floyd County Community Action Agency, Inc., located at 1636½ Slate Run Road, Suite #2, New Albany. The office will accept applications Monday through Friday, 8:30 a.m.-3 p.m. Persons should call 945-2925 for an appointment.

Residents of Edwardsville and Georgetown and the Townships of Franklin and Georgetown may apply through Nov. 19 on Tuesdays only at the Georgetown Optimist Club, 8:45 a.m.-11:45 a.m. The Club is located on Hwy. 64 in Georgetown.

Greenville Elementary School will be the site for residents of Greenville, Galena and Navilleton and the Township of Greenville. Applications will be accepted only on Fridays, 8:45 - 11:45 a.m.

Elderly persons who are homebound may call the Council for the Aging at 948-8330 to make arrangements for an Outreach Worker to take the applications.

Applicants must present a copy of their most recent utility bill, Social Security cards/numbers for each member of the household, and proof of income for the past 12 months.

Proof of income may include Social Security award letter, direct deposit statement from the bank, a copy of Social Security check and/or other resources, or any form of direct verification.

Additional information concerning Project SAFE is available by calling the Council for the Aging at 948-8330; Floyd County Community Action Agency, Inc., 948-2925 or State Project SAFE Office at 1-800-622-4973.

THE INDIANA WEEKLY, WEDNESDAY, OCTOBER 9/10, 1985

Senior's events

The South Central Indiana Council for the Aging & Aged, Inc., will sponsor **Older Hoosiers Law Day** on Oct. 16. The program will run from 10 a.m. to 2 p.m. at Trinity United Methodist Church, 2796 Charlestown Road, New Albany.

The program will address new laws which are the result of the last Legislative session. Featured topics will include the living will, adult protective services and rights of nursing home residents. Morning sessions will be conducted by local attorneys and will include question and answer periods.

The 12:45 afternoon session will be the annual area hearing for the council. It will include a review of the goals, objectives and budgets for the 1986-87 fiscal year.

A nutritional meal will be served at noon. The cost of the meal is by donation only to those 60 years or older. It will cost $3.26 for those

WEDNESDAY, JULY 24, 1985

Search underway for "Older Hoosier of the Year"

Harrison County Press

The South Central Indiana Council for the Aging and Aged, Inc., has begun the search for the recipient of the 1985 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service after retirement.

The Area 14 winner will become an applicant in the thirteenth annual state Older Hoosier of the Year Award, which is the highest honor bestowed on a senior by the Indiana Department on Aging and Community Services. The presentation of the state award will be made during the 1985 Governor's Conference on Aging in Evansville.

Applicants for the local award must be 65 years of age or older, reside in Clark, Floyd, Harrison, or Scott County, and have a record of community service. The following criteria will be used to make the selection:

—achievements after age 60;

—achievements prior to age 60;

—involvements in aging programs during the last year;

—accomplishments related to aging programs.

There is also a personal interview session with the judges.

Past winners have included Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsow, and John Brogan.

All clubs and organizations are invited to submit a member for consideration. For further information and application, contact Nancy Shiner at 948-8330. Deadline for applications is August 15, 1985.

Wednesday, July 24, 1985, THE CORYDON DEMOCRAT

Seniors invited to trip to state fair

Area 14 Day at the Indiana State Fair will be held Tuesday, Aug. 20, the South Central Indiana Council for the Aging and Aged Inc. announced Monday.

All persons aged 60 and older who are residents of Area 14, Harrison, Floyd, Clark and Scott counties, are invited to travel with council representatives to Indianapolis. Air-conditioned buses will leave various pickup points at 8 and 10:30 a.m. (EDT) and return that day about 6 and 9 p.m.

The trip fee ($12) includes transportation and a ticket into the fair. It does not include meals. The trip fee will be accepted at the council's main office at 134 E. Main St. in New Albany on Aug. 1, 2 and 5. The fee cannot be refunded. For reservations or more information, call 1-948-8330.

The Tribune, New Albany, Ind., Thurs., July 25, 1985

State Fair Offers Art Contest For Seniors

Persons 60 or older can enter the 1985 Senior Citizens State Fair Art Contest. Participants are limited to two entries and there is no entry fee. The contest will include categories for paintings, photographs and sculptures.

Projects entered in previous Senior Citizens State Fair Contests aren't eligible.

Additional information and a copy of the rules are available from the Indiana Department on Aging and Community Services Planning and Information Division by calling toll-free 1-800-622-4973.

Entries must be hand-delivered from 10 a.m. to 2 p.m. Aug. 12 at the Senior Citizens Building at the State Fairgounds in Indianapolis.

Help with delivery is available from the Southern Indiana Council for the Aging and Aged. Call Nancy Shiner at 948-0147 before Aug. 2 for more information.

THE INDIANA WEEKLY, WEDNESDAY, AUGUST 14, 1985

The South Central Indiana Council for the Aging & Aged, Inc., will accept nominations for the **1985 Area 14 Older Hoosier of the Year Award** through tomorrow. The purpose of this award is to recognize an outstanding Hoosier for community service.

Clubs and organizations are invited to submit a member for consideration, however, nominees must be 65 years of age or older and reside in either Clark, Floyd, Harrison or Scott counties. The following criteria will be used to make the selection: achievements before and after age 60, involvements in aging programs during the last year and accomplishments related to aging programs. There also will be a personal interview with the judges.

For more information call Nancy Shiner at 948-8330.

Wednesday, July 24, 1985, THE CORYDON DEMOCRAT

Candidates sought for Older Hoosier title

The South Central Indiana Council for the Aging and Aged Inc. has begun its search for the 1985 Area 14 Older Hoosier of the Year Award. The purpose of the award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service after retirement, said council spokesperson Nancy Shiner.

The Area 14 winner will become an applicant in the thirteenth annual state Older Hoosier of the Year Award, the highest honor bestowed on a senior by the Indiana Dept. on Aging and Community Services. The presentation of the state award will be made during the 1985 Governor's Conference on Aging in Evansville.

Applicants for the local award must be 65 years of age or older, reside in Harrison, Clark, Floyd or Scott county, and have a record of community service. The following criteria will be used to make the selection: achievements after age 60; achievements prior to age 60; involvements in aging programs during the last year; accomplishments related to aging programs.

There is also a personal interview session with the judges.

Past winners have included Joe Rhoads, Helen Lacy, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe and John Brogan.

All clubs and organizations are invited to submit a member for consideration. For further information and application, contact Nancy Shiner at 1-948-8330. Deadline for applications is Aug. 15.

The Sunday-Ledger-Tribune, New Albany, Ind., Sunday, July 28, 1985

Look For Older Hoosier Of Year

The South Central Indiana Council for the Aging and Aged, Inc., has begun the search for the recipient of the 1985 Area 14 Older Hoosier of the Year Award. The purpose of the award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service after retirement.

The Area 14 winner will become an applicant in the thirteenth annual state Older Hoosier of the Year Award, which is the highest honor bestowed on a senior by the Indiana Department of Aging and Community Services. The presentation of the state award will be made during the 1985 Governor's Conference on Aging in Evansville.

Applicants for the local award must be 65 years of age or older, reside in Clark, Floyd, Harrison or Scott County, and have a record of community service.

The following criteria will be used to make the selection:

✓achievements after age 60;

✓achievements prior to the age of 60;

✓involvements in aging programs during the last year;

✓accomplishments related to aging programs.

There is also a personal interview session with the judges.

Past winners have included Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe and John Brogan.

All clubs and organizations are invited to submit a member for consideration. For further information and application, contact Nancy Shiner at 948-8330. Deadline for applications is Aug. 15.

The News July 25, 1985

OLDER HOOSIER AWARD

The South Central Indiana Council for the Aging & Aged, Inc., has begun the search for the recipient of the 1985 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service after retirement.

The Area 14 winner will become an applicant in the thirteenth annual state Older Hoosier of the Year Award, which is the highest honor bestowed on a senior by the Indiana Department on Aging and Community Services. The presentation of the state award will be made during the 1985 Governor's Conference on Aging in Evansville.

Applicants for the local award must be 65 years of age or older, reside in Clark, Floyd, Harrison, or kScott County, and have a record of community service. The following criteria will be used to make the selection: achievements after age 60; achievements prior to age 60; involvements in aging programs during the last year; accomplishments related to aging programs. There is also a personal interview session with the judges.

Past winners have included Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe, and John Brogan.

All clubs and organizations are invited to submit a member for consideration. For further information and application, contact Nancy Shiner at 948-8330. Deadline for applications is August 15, 1985.

THE BANNER-GAZETTE, Wednesday, July 24, 1985

Council begins search for Older Hoosier

The South Central Indiana Council for the Aging & Aged, Inc., has begun the search for the recipient of the 1985 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service after retirement.

The Area 14 winner will become an applicant in the 13th annual state Older Hoosier of the Year Contest, which is the highest honor bestowed on a senior by the Indiana Department on Aging and Community Services. The presentation of the state award will be made during the 1985 Governor's Conference on Aging in Evansville.

Applicants for the local award must be 65 years of age or older, reside in Clark, Floyd, Harrison, or Scott County, and have a record of community service. The following criteria will be used to make the selection: achievements after age 60; achievements prior to age 60; involvements in programs for the aging during the last year; accomplishments related to programs for the aging. There is also a personal interview session with the judges.

Past winners have included Helen Lacy, Joe Rhoads, Flora Brown, Catherine Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe and John Brogan.

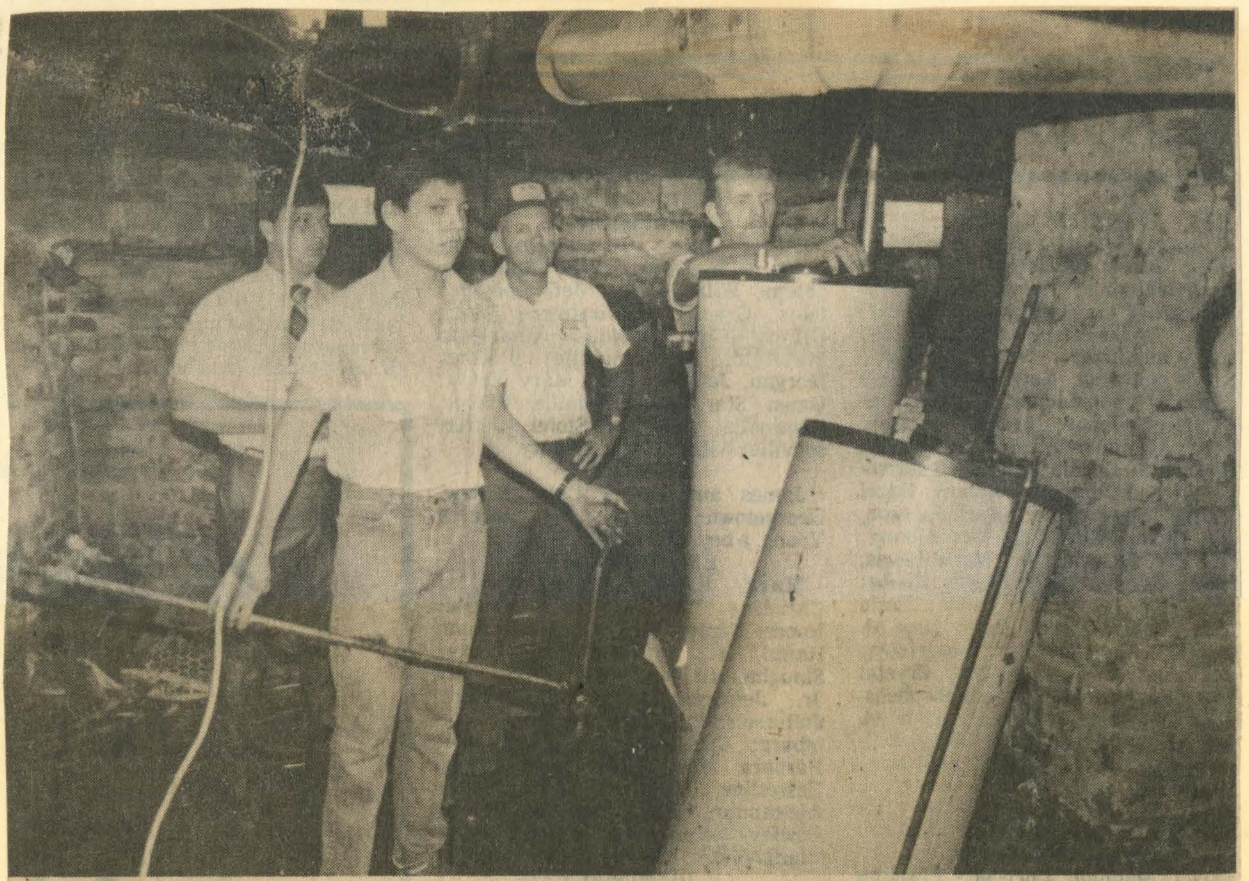
All clubs and organizations are invited to submit a member for consideration. For further information and application, contact Nancy Shiner at 948-8330. Deadline for applications is Thursday, Aug. 15.

The Sunday-Ledger-Tribune, New Albany, Ind., Sunday, June 16, 1985 Page 5

A MUCH NEEDED GIFT — Proceeds from the Mayor's Open Golf Tournament, along with raffle donations, went toward the purchase of an air conditioner which is being donated to the Allied Seasonal Assistance Program. The air conditioner will be loaned out during the summer months to low income families who have a member suffering from a health related problem as a result of high temperatures. This is the second year for such a program. Last summer, four dozen families were assisted through the donation of fans or air conditioners. Donating and accepting the air conditioner are, from left, Paul Schellenberger, treasurer of the Floyd County Human Services; Major Mathie Anderson of the New Albany Police Department; Judy Cochran, New Albany Deputy Controller; Jo-Ann Andres, New Albany Controller, and Ron Gaddie, president of the Floyd County Human Services. (Tribune Photo by Amy Wilson)

Wednesday, June 5, 1985

GETTING HEAT RELIEF — Once again the Allied Seasonal Assistance Program is providing air conditioners, and fans to the sick and needy to help out during the hot and muggy summer. This is a multi agency program with Floyd County Community Action Agency, American Red Cross, Family Service Bureau, Salvation Army and South Central Council for the Aging and Aged: Orville Jordan, left of 1730 Elm St., has a breathing problem and was one of those getting provided with an air conditioner through the ASAP for the summer. Jordan signs the proper paper work to receive the loaner air conditioner from Mary Ann Carnighan, executive director of Family Service Bureau. (Tribune Photo by Don Beck)



GETTING A HELPING HAND — Evelyn and Fred Smith of Culbertson Avenue have had a tough time of it according to New Albany Township Trustee Larry Byrd. Byrd said that Mrs. Smith has cancer, they live on their social security, their medical bills are close to $100,000 and their plumbing in the house was in sad shape from leaks. The couple were having trouble trying to get it fixed because of their financial sitiation. Bryd and Patricia Jewell of the Council for the Aging and Aged have been trying to find someone who would do their repair work and give them a discount or break on paying for the work. Greenwell Plumbing came to the rescue and worked out a satisfactory agreement with the Smiths. Bryd, left, watches as a new water heater is installed in the basement of the Smith home by Blake, Bill Greenwell, center and Chuck Caraway, right.

(Tribune Photo By Don Beck)

THE BANNER-GAZETTE, Wednesday, September 18, 1985

Floyd County woman chosen Area 14 Hoosier of the Year

Mildred A. Sanders, a resident of Floyd County, has been chosen as the Area 14 recipient of the Indiana Older Hoosier of the Year Award, recognizing a lifetime of service to the community.

Mrs. Sanders has been active in the Retired Senior Volunteer Program and the Floyd County Community Education Council. She served on the volunteer committee which started the Friendly Companion Program for nursing home residents.

She is also a member of the RSVP Rhythm Band and Silvertoners. Mrs. Sanders is a lifetime member of Grant Line Methodist Church.

Other candidates for the Area 14 award included Hazel Moody of Floyd County; Mary Shields of Scott County, and Harry Simonton of Clark County.

Moody is the president of the Young at Heart Senior Citizens Group and the Senior Citizens Bowling League. She has been a volunteer in a number of community fund drives and at Floyd County Memorial Hospital. Ms. Moody is a member of the First Baptist Church, the American Legion Ladies' Auxiliary, the VFW Ladies' Auxiliary and Eastern Star.

Mary Shields, another candidate for the award, retired in May after 21 years serving on the Scott County Welfare Board. She has received a meritorious award from the Indiana Heart Foundation for 20 years of service.

Mrs. Shields is a lifetime member of the Presbyterian Church, a member of the Republican Women's Club, and a patroness of the Psi Iota Xi Sorority. She is also involved in activities at Englishton Park in Lexington.

Another candidate for the Area 14 award was Harry Simonton of Watson. He operated a poultry and egg business for 45 years. He was active in the Clark County Farm Bureau Cooperative and the Clark County Rural Electric Membership Cooperative.

Simonton is a member of the New Chapel Church, where he has taught Sunday School for 25 years. He has served as president of the Jeffersonville chapter of American Association of Retired Persons.

Today people often retire into more active lives than they had before reaching the age of 60, according to information provided by the South Central Indiana Council for the Aging and the Aged, Inc. Retirees begin doing everything that they ever wanted to do but were too busy to do. Retired persons may now enjoy leisure time, learning, recreation, travel, senior clubs and volunteerism.

1985
Older Hoosier
Of The Year
Award

Mildred Sanders - Area 14 O. H. of Year

Clark United Way 1985 drive set at $610,000

United Way of Clark County Campaign Chairman, Ray Beaufait, announced today that the goal for this year's drive has been set at $610,000. This is a 12 percent increase over last year.

Beaufait said there was a great deal of work put into arriving at this figure. Thirty-eight members of the Allocation and Review Committee spent several hundred hours discussing the budget requests with agencies prior to submitting the figure to the Board of Directors.

He reported the Board of Directors approved the admission of two new agencies to the United Way. They are Center for Lay Ministries and Ken Ellis Senior Opportunity Center. Both organizations provide needed services to Clark County residents.

The agencies that will receive the monies raised in the campaign are: American Red Cross, Clark County Chapter; Arthritis Foundation; Big Brothers — Big Sisters; Boy Scouts of America; Center for Lay Ministries; Clifford Graves YMCA; Clark County Help Line; Hospice of Southern Indiana; Ken Ellis Center; Kentuckiana Girl Scout Council; Mental Health Association, Clark County Chapter; New Hope Services; Personal Counseling Service; Rehabilitation Center; R.S.V.P. (Retired Senior Volunteer Program); Salvation Army; United Cerebral Palsy; Visiting Nurse Association of Southeastern Indiana; Spouse Abuse Center.

Beaufait asked everyone in the county to support the drive, so there would be sufficient funds for the agencies to continue their programs and services. +

The Evening News, Jeffersonville, Ind., Friday, September 13, 1985

Project SAFE To Begin Taking Applications

Project SAFE will begin taking applications Monday, Sept. 16, for the elderly only.

If qualified, the program will assist in one electric bill and part of winter heating costs. If you are 60 years of age or older you may apply.

Bring two copies of all income verification for the last 12 months. This may include Social Security award letter, direct deposit bank statement, or any form of direct verification.

Applications will be taken at the following locations:

Sept. 16: Clark County Hoosier Valley EOC, 510 Spring St., Jeffersonville.

All public utilities such as Public Service Indiana, Clark County REMC, Indiana Gas, Harrison County REMC, Harrison County Public Service, Indiana Utilities Corporation, Corydon.

Sept. 16-18: Fairington Apartments.

Sept. 18-20: Yellowwood Terrace

Sept. 23: Corydon Senior Citizens Center, 123 Mulberry St., Corydon

Sept. 24: Charlestown Mid-Rise, 214 McCampbell, Charlestown

Sept. 25: Borden Museum Site, Borden.

Sept 26: Frenchtown Meal site, R. 3 Box 98, Depauw.

Sept. 27: Silver Creek Civic Center, Speed.

Sept. 30-Oct. 2: Ken Ellis Center, 211 Martin Circle, Jeffersonville.

Oct. 3: Henryville Community Center, R. 31 E., Henryville.

Oct. 7-11: Senior Citizen Center, 317 E. 5th St., New Albany.

Sign-ups are designed to assist the elderly in a manner requiring them to drive as little as possible.

Mildred Sanders - Area 14 Older Hoosier of the Year
at Indiana Older Hoosier of the Year Banquet

The Tribune, New Albany, Ind., Monday, Sept. 16, 1985

Project SAFE Sign-Ups Underway Now

Project SAFE began taking applications this week at the following locations:

—Hoosier Valley EOC in Clark County, 510 Spring St., Jeffersonville. (All public utilities such as Public Service Indiana, Clark Co. REMC, Indiana Gas, Harrison Co. REMC, Harrison Co. Public Service, Indiana Utilities Corp., Chestnut St. in Corydon).

Project SAFE assists the elderly and the low-income persons in paying their fuel and electric bills.

South Central Indiana Council for the Aged and Aging will be processing applications at Main Street in New Albany. The contact number in all three counties is 948-9161.

All applications are being taken for the elderly only. If you are 60 years of age or older you may apply for Project SAFE as of today. Bring two copies of all income verification for the last 12 months. This may include Social Security award letter; direct deposit statement from your bank; a copy of your check; or any form of direct verification.

Hoosier Valley EOC will be in the following areas for signups to make it more accessible to the elderly on the following dates:

—Sept. 18--Fairington Apts.

—Sept. 18,19,20--Yellowood Terrace

—Sept. 23--Corydon Senior Citizens Center, 123 Mulberry St., Corydon

—Sept. 24--Charlestown Mid-Rise, 214 McCampbell, Charlestown

—Sept. 25--Borden Museum Site, Borden

—Sept. 26--Frenchtown Meal Site, Rt. 3, Box 98, Depauw; (St. Bernards Church)

—Sept. 27--Silver Creek Civic Center, Speed

—Sept. 30, Oct. 1, 2--Ken Ellis Center, 211 Martin Circle, Jeffersonville

—Oct. 3--Henryville Community Center, Rt. 31E, Henryville

—Oct. 7-11--Senior Center, 317 E. Fifth St., New Albany (For all New Albany area elderly)

This signup is specifically designed to assist the elderly in a manner requiring them to travel as little as possible. If you see that your area is assigned certain days, please come to the site that day. If you find it impossible to come that day, you may sign up at any of the locations listed any time during the hours of operation.

Older persons who are homebound may apply in their homes by contacting their Area Agency on Aging to arrange an appointment with an outreach worker.

Applications will be received from qualified individuals under the age of 60 in early November. These individuals may apply only at the Community Action Agency in their area.

Mildred w/ Niece on her right /great niece on her left

Mildred Sanders & Bob Maze - O. H. Banquet 1985

News, Jeffersonville, Ind., Saturday, September

Staff photo by Lisa Carter Stark

Adult day care is provided five days a week at Providence Retirement Home. The patients keep busy all day doing many projects such as playing cards. Above from left, around table, is Flora Faust, Bleuah Jones, Anna Freed and Louise Matthews playing three-up.

Center provides a variety of social activity for elderly

By LISA STARK
Evening News Staff Writer

They gather for companionship. The day care center is a relief for lonliness. The opening of the Providence Adult Day Care Center is a relief not only to the patients but also to the families.

Mrs. Floyd Sutton works full-time; the center was an alternative to a nursing home for her husband.

"It's important to retain their individuality," said Mrs. Sutton of Scottsburg. "In an institution or nursing home they become one among many."

"It breaks the boredom of being at one place," said Pat Weber, whose mother is a patient. She is paralyzed, and cannot do things with her hands but comes to socialize. Often, she reads a book in the company of the group.

The center is tailor designed to the needs of each patient. For example, a patient with Alzheimer's disease that could once play the piano before he was ill, could not afterwards. With the help of a center worker, he is beginning to play again.

According to Sister Barbara, coordinator, the program is to benefit people be it medical or social involvement.

Nutritional snacks and a hot lunch is served during the day prescribed by a dietician. Special diets can be planned. A certified activities director plans therapeutic activities. A registered nurse and a licensed practical nurse check blood pressure, weight control and administer medicine.

The center is open five days a week, 8:30 a.m.-4:30 p.m., $13 a day. Title 20 funds are available. Transportation can be provided by the Council on the Ageing and Aged, Inc.

The day care is the best thing that ever came along, said Carroll Ritchie, LPN. She is trying to aquire a video cassette recorder for the center. Many of the patients cannot read but can watch the screen for a limited time. Ritchie plans to tape documentaries and other educational programs.

One of the greatest benefits of the center is the encouragement the patients give each other, and the bonds of friendship formed.

Staff photo by Lisa Carter Stark

The Providence Adult Day Care provides a variety of programs for the members, such as crafts. Above, from left, Twila Rouck, volunteer, Maude Smith, and granddaughter, Alicia Soliz, are making lap robe crafts.

The Evening News, Jeffersonville, Ind., Tuesday, October 15, 1985

Area United Way funds 19 service agencies

The United Way is this community's means of dealing with human needs and problems by providing support for 19 service agencies. Autonomous and locally controlled, The United Way of Clark County is a system through which people help their neighbors.

The Allocation and Review Committee, composed of volunteers, spend over 500 hours carefully reviewing the requests, and conferring with representatives from all participating agencies. It submits recommendations to the Board of Directors for consideration and final approvement.

The services of all United Way agencies are available to you, to me, to anyone who works or lives in the area. There is hardly a family who is not affected in some way by the services of one or more of the United Way agencies.

United Way area agencies include:

American Red Cross
332 Spring Street, Jeffersonville.

Provides a comprehensive blood program, disaster and emergency assistance, service to military families, first aid, water safety, CPR training, home nursing classses, and community services working with volunteers.

Arthritis Foundation
1318 Bardstown Road, Louisville.

Works to aid the arthritic through a program offering direct patient services, general education for the public and professionals, training and research. Provides clinics, counseling and referral services, and a loan closet of self-help devices.

Big Brothers-Big Sisters of Kentuckiana
Suite 600, Heyburn Building, 332 W. Broadway, Louisville, and 117 W. Market St., New Albany.

Recruits, screens and trains the volunteers known as Big Brothers and Big Sisters; assesses needs of Little Brother and Little Sister applicants, then matches the adult volunteer with the children on a one-to-one basis; matches are then supervised to insure the relationship is purposeful and well directed.

Boy Scouts of America
2030 E. Spring St., New Albany.

Designed to help develop in youth desired qualities or character, to teach and promote the skills of scouting, to train them in responsibilities of participating citizenship and to develop in them personal fitness based on a belief in God.

Center For Lay Ministries, 118 E. Maple St., Jeffersonville.

Provides immediate emergency food, helps on utility bills, prescriptions, rents, emergency lodging and travel; has clothes closet, classes in nutrition and budgeting; serves as a clearing house for and gives Christmas baskets; furnishes supplies for jail ministry.

Clifford Graves Y.M.C.A. 4812 Hamburg Pike, Jeffersonville.

Provides recreational and social services to residents of Clark County through four major thrusts: youth development, youth and sport recreation, day care, and adult health/fitness.

Clark County Help Line

Provides a 24-hours emergency phone/referral service for all Clark County residents. This number is utilized by all human service agencies, police departments, and hopsitals as a cooperative effort to centralize the availability of services to Clark County residents.

Hospice of Southern Indiana
1220 Missouri Ave., Jeffersonville.

Provides physical, psychological, social and spiritual care for dying persons and their families. Services are provided by a medically supervised interdisciplinary team of professionals and volunteers. Home care is provided on a part-time intermittant, regularly scheduled, and around-the-clock on call basis.

Ken Ellis Senior Opportunity Center
211 Martin Circle.

Provides social, educational and recreational activities for senior citizens, Monday-Friday, 9 a.m.-4 p.m. sponsored by South Central Indiana Council for the Aged and Aging.

Kentuckiana Girl Scout Council
730 W. Main St., Louisville.

Helps girls age 6-17 to develop values and self-awareness, to learn leadership skills and community responsibility. Troop program provided by local volunteer adult leadership.

Mental Health Association of Indiana

Provides help to the mentally ill and their families through hospitals and nursing home volunteer services, referral, education, scholarships, and friend to friend program.

New Hope Services
725 Wall Street, Jeffersonville, State Road 62, Charlestown.

Provides a facility for vocational training and sheltered employment for mentally retarded, culturally deprived and emotionally handicapped individuals; provides a certified program for developmentally delayed children ages approximately three to five years; a homebound developmental program for children from birth to two years of age.

Personal Counseling Service, 1321 Applegate Lane, Clarksville.

Offers a distinctive approach to the solving of human problems and stress by providing specialized counseling therapy, personal growth programs, and educational resources for adults, children, adolescents, couples and families.

Rehabilitation Center Goodwill Industries of Southern Indiana
1329 Applegate Ln., Clarksville.

Provides rehabilitation to physically disabled individuals through physical, occupational and speech therapies, audiological testing, preschool for multiple handicapped, orthopedic and stroke clinics, epilepsy services, daycare for ages 2-21, counseling, transportation, driver training for the disabled, vocational evaluation, work adjustment, job placement and custodial training.

Retired Senior Volunteer Program (R.S.V.P.)
702 E. Market St., New Albany.

Provides opportunity for persons 60 and over to participate more fully in the life of their community by sharing their time, knowledge and experience through active service.

Salvation Army

Offers services to families and individuals including transient meals and lodging and emergency family welfare. Missing person bureau, disaster (tornado, fire and flood), parolee and correctional, alcohol and drug treatment, camp and other services available on a regional basis.

United Cerebral Palsy
614 S. Floyd St., Louisville.

Works to achieve rehabilitation of the cerebral palsied through treatment, training, education and research. Provides medical evaluation, pre-school education and training, counseling, phyusical, occupational and speech therapy, recreation and education programs.

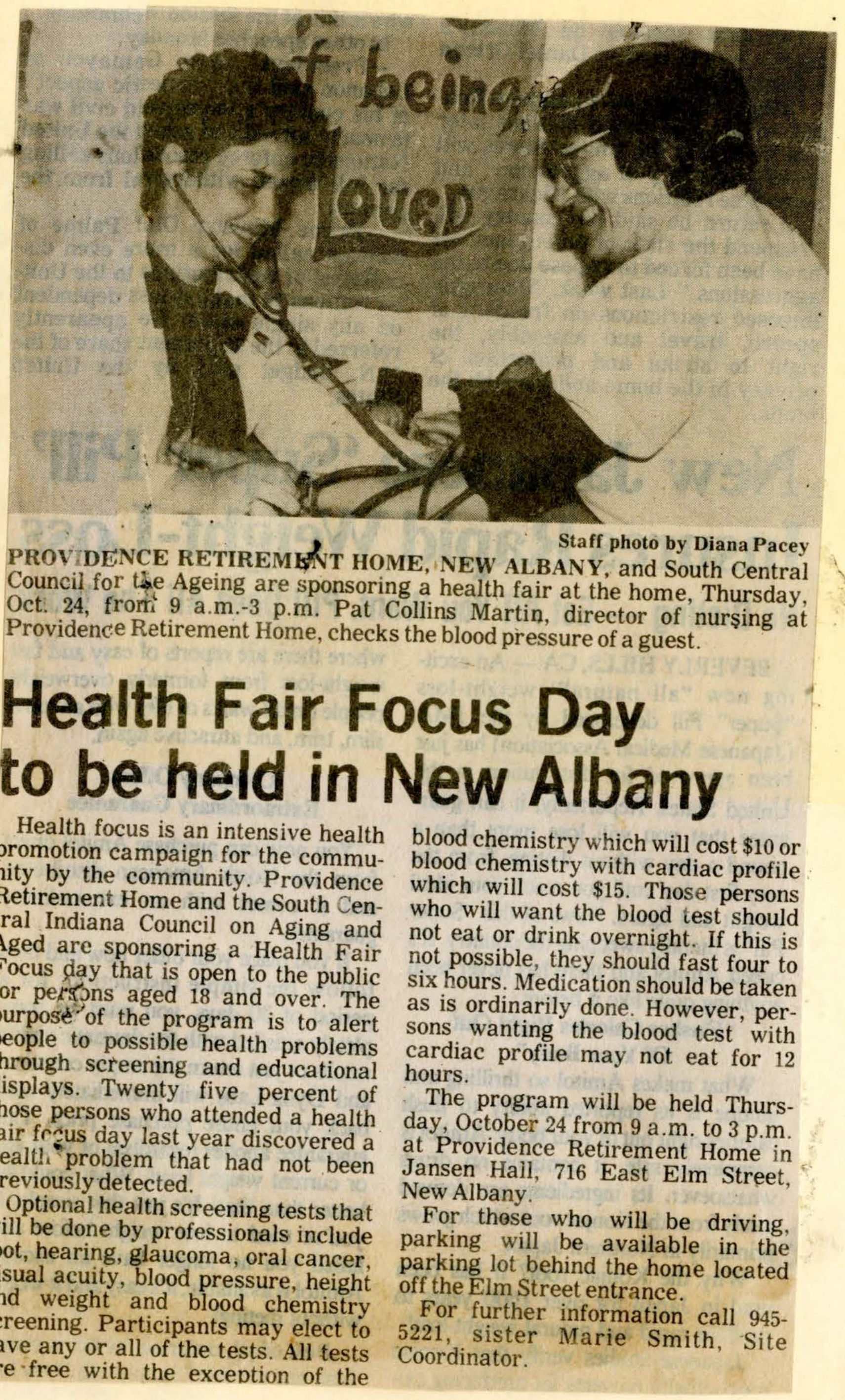
Visiting Nurse Association of Southeastern Indiana
1403 Spring St., Jeffersonville.

An intermittant skilled nursing service of registered nurses and other professionals for in-home care. The agency is open Monday-Friday, from 8 a.m.-4 p.m. Nursing coverage is available 24 hours a day.

YWCA-Spouse Abuse Center
604 S. Third St., Louisville.

Provides comprehensive services for all victims of spouse abouse through an outreach office in Southern Indiana, and a shelter in Louisville. Services include a 24-hour crisis hotline, hospital and court advocacy, casework, therapy, a children's program, resource and referral service, and community outreach and education.

The Evening News, Jeffersonville, Ind., Tuesday, October 22, 1985



Staff photo by Diana Pacey

PROVIDENCE RETIREMENT HOME, NEW ALBANY, and South Central Council for the Ageing are sponsoring a health fair at the home, Thursday, Oct. 24, from 9 a.m.-3 p.m. Pat Collins Martin, director of nursing at Providence Retirement Home, checks the blood pressure of a guest.

Health Fair Focus Day to be held in New Albany

Health focus is an intensive health promotion campaign for the community by the community. Providence Retirement Home and the South Central Indiana Council on Aging and Aged are sponsoring a Health Fair Focus day that is open to the public for persons aged 18 and over. The purpose of the program is to alert people to possible health problems through screening and educational displays. Twenty five percent of those persons who attended a health fair focus day last year discovered a health problem that had not been previously detected.

Optional health screening tests that will be done by professionals include foot, hearing, glaucoma, oral cancer, visual acuity, blood pressure, height and weight and blood chemistry screening. Participants may elect to have any or all of the tests. All tests are free with the exception of the blood chemistry which will cost $10 or blood chemistry with cardiac profile which will cost $15. Those persons who will want the blood test should not eat or drink overnight. If this is not possible, they should fast four to six hours. Medication should be taken as is ordinarily done. However, persons wanting the blood test with cardiac profile may not eat for 12 hours.

The program will be held Thursday, October 24 from 9 a.m. to 3 p.m. at Providence Retirement Home in Jansen Hall, 716 East Elm Street, New Albany.

For those who will be driving, parking will be available in the parking lot behind the home located off the Elm Street entrance.

For further information call 945-5221, sister Marie Smith, Site Coordinator.

The Evening News, Jeffersonville, Ind., Saturday, November 2, 1985

Project SAFE applications accepted

Applications for the State Allowance for Energy (Project Safe) from heads of household who are 59 years of age of younger will be accepted beginning Tuesday, November 12.

This is also the date when Emergency SAFE applications will be accepted from heads of household regardless of their age. Emergency SAFE applications and applications from those 59 and under will be received only at Community Action Agencies.

Those who are 60 years old and older may still apply at these locations and at their natural gas utility if they heat with gas. If they heat with electricity or any other fuel, they should apply at their electric utility, according to Jean Merritt, executive director of the Indiana Department on Aging and Community Services, the state agency which administers the program.

Through the 1985-86 heating season, Emergency Project Safe will serve both those whose utility service has been discontinued and those whose primary heating source is bulk fuel.

For those whose utility service has been discontinued, Emergency safe will pay up to $300 to achieve service reconnection. To receive this benefit, applicants who are 59 years old or younger must first pay 10 per cent of the outstanding balance owed the utility. Heads of household 60 years old and older are exempt from this provision.

Neither regular nor Emergency SAFE payments are made directly to a utility or to an individual. The utility claims a credit against state taxes, and SAFE funds are sent to the State Department of Revenue to pay the credited amount of taxes.

Households which are without heat and which use bulk fuels such as oil, wood, coal and L. P. gas as a primary heating source may also qualify for Emergency SAFE aid up to a maximum $300 for the 1985-86 heating season.

Emergency SAFE deliveries will be restricted to: oil, 150 gallons; wood, two ricks; coal, one ton and L. P. gas, 200 gallons.

Those who apply for regular or emergency project SAFE help must meet these income guidelines:

Age 59 or younger, number in household, one, gross yearly income, $6,563; number in household, two, gross yearly income, $8,813; number in household, three, gross yearly income, 11,063; number in household, four, gross yearly income, 13,313. Add $2,250 for each additional family member.

Age 60 or older, number in household, one, gross yearly income, $7,875; number in household, two, gross yearly income, $10,575; number in household, three, gross yearly income, $13,275; number in household, four, gross yearly income, $15,975. Add $2,700 for each additional family member.

Those in the Indianapolis area may receive additional information by calling 232-7003. Other Indiana rsidents should call toll free 1-800-622-4973.

The Evening News, Jeffersonville, Ind. Monday, November 4, 1985

Ken Ellis seniors plan Christmas bazaar and meal

The Ken Ellis Senior Opportunity Program is planning a Christmas bazaar and turkey dinner, scheduled for November 8 at the center.

The turkey dinner will be served from 11 a.m. to 1 p.m. under the direction of Louise Morton of New Albany and the bazaar will be from 10 a.m. to 2 p.m.

Trips for the month of November will be on November 13 to Bashford Manor Mall leaving the center at 9:30 a.m. and returning at 2 p.m. and November 12 the group will be at the Claysburg Towers dining room for activities.

The monthly dinner is scheduled for November 21 from 10 a.m. to 2 p.m. Dr. Andrew Trout, history professor from Indiana University Southeast, will give a slide presentation on what tourist usually miss in Paris.

Physical fitness exercises are planned each Tuesday and Thursday along with bingo.

The senior citzens are also busy dressing dolls and making stuffed animals for the Salvation Army to help deserving children have a nice Christmas.

The Evening News, Jeffersonville, Ind., Wednesday, December 4, 1985

Ken Ellis seniors prepare for season

The Ken Ellis Senior Opportunity Center will begin the month of December with a holiday party honoring the ladies who dressed dolls for the Salvation Army. The party is scheduled for December 6 from 12:30 p.m. to 2:30 p.m. at the Ken Ellis Center.

Christmas trips for the senior citizens will be to the Beechwood Center for the Older Hoosiers dance, December 10 from 1 p.m. to 3 p.m. and on December 11 the group will be going to the Shelbyville Road Mall leaving the center at 9:30 a.m. and returning at 2 p.m. The trip of the month will be to the new Standiford Field Airport and lunch at Po Folks in Clarksville.

The annual Christmas party is scheduled for December 19. Nancy Doboze from Public Service will be speaking on hyporthermia and Bill Dobson will tell jokes and play his harmonica. Bill Bickford will be playing music of the 20's, 30's and 40's with a waltz and fox trot contest to be held with prizes awarded.

The Ken Ellis Center is sponsored by the South Central Indiana Council of Aged and Aging.

The Evening News, Jeffersonville, Ind., Wednesday, December 4, 1985

Staff photo by Carolyn Sorg

OLA THORTON OF THE KEN ELLIS SENIOR Center makes sure the dolls are placed just right at the Christmas tree at the Green Tree Mall. The public is invited to add a new doll or toy to the tree. The toys will be given to disadvantaged children Christmas Eve.

Local groups join to make Christmas special for children

The Salvation Army of New Albany and the South Central Indiana Council for the Aging and Aged, Inc. worked jointly in placing dolls to be dressed with organizations and individuals in Floyd, clark and Scot Counties.

Participating groups were The Ken Ellis Senior Center, Scottsburg Senior House, Home Economic Clubs in Floyd County, Pilot Club of New Albany, Inc., Retired Senior Volunteer Program, Providence Retirement Home, First Baptisit Church, Charlestwon Senior Cneter, and several individuals.

The Wesley Chapel United Methodist Church is sponsoring a stuffed toy tree which will be moved for display to the Green Tree Mall this month. Homemakers of several Floyd County Home Economic Clubs have also made toys, which will be on display at the base of the doll tree.

The public is invited to add a new doll or toy to the tree. These will be given to disadvantaged children Christmas Eve.

Clients' work saves Ellis center for now

By GREG OTOLSKI
Louisville Times Staff Writer

When Alberta Ziegler and her friends learned the Ken Ellis Senior Opportunity Center in Jeffersonville might close because of federal budget changes, they appealed to their congressman and governor.

"I come here every day," Mrs. Ziegler, of Jeffersonville, told the officials. "My doctor told me it's good therapy for me."

Those officials couldn't help, so the center's friends started writing and calling Jeffersonville Mayor Dale Orem, and coupled that phone campaign with their own fund-raisers.

Their interest and work paid off. The center, which lost $22,573 in federal funds this year because money was allocated to other programs for the elderly, has scraped enough money together to stay open for now, said Pat Jewell, executive director of the South Central Indiana Council for the Aging and Aged.

People who are at least 60 can go to the center, at 211 Martin Circle, weekdays from 10 to 2; about 20 to 30 people go daily. They can eat lunch made by volunteer Louise Martin, who is in her 70s.

"When they heard the center might have to close they just took it upon themselves to do something about it," Ms. Jewell said of the center's clients. "If it wasn't for

See **CLIENTS' WORK**
Back page, col. 4, this section

Staff Photo by Michael Hayman

Sue Johnson, coordinator for the Ken Ellis Senior Opportunity Center in Jeffersonville, helped Jessie Bennett, left, with the face of a doll she was making during an activity session at the center this week.

Clients' work saves Ellis center for now

Continued from Page One

their persistence we probably would have closed."

"They started writing letters to my office and calling me at home," Orem said. "These folks were really upset, so we started looking for money elsewhere and got the United Way to help them out."

Clark County United Way gave the center $7,000 and will provide money next year too. Jeffersonville gave $5,000, and already provided free use of the building and paid a portion of the center's utilities, Orem said.

To cut costs, an assistant coordinator's position was eliminated and a volunteer was found to work about 20 hours a week.

Center clients began selling crafts they made at the center and holding fund-raisers, said Sue Johnson, center coordinator.

Mrs. Johnson said last week the people at the center raised $441 with a dinner and craft sale. She said the clients now make enough money selling crafts to support the craft program.

"It's amazing what they have done," she said. "Since this whole thing happened they really have taken a lot more interest in making the center their own."

C.P. Turner, of Clarksville, said he has been coming to the center nearly every day since June.

"If I couldn't come here I don't know what I'd do," he said. "I guess I'd just end up sitting around at home."

Mrs. Jewell said it is unlikely that the federal funds will be restored, and said the Council for the Aging and Aged continues to search for funding. The center still receives $7,300 in federal funds.

"We're mapping out our strategy," Ms. Jewell said. "We're looking at private sources such as businesses and foundations as one route. If we were able to make it this year I think we'll be able to hang in there.

"It's a real success story how the people and the community saved the center this year."

The Clark County Journal, Jeffersonville, Ind., Wednesday, January 8, 1986

Help offered to needy PSI customers

Low-income elderly or disabled customers of Public Service Indiana may once again receive help on their electric bills through the Helping Hand program.

Conducted in cooperation with the American Association of Retired Persons and funded by PSI shareholders, the plan contributes $1 to an eligible customer's bill for every $1 paid by the customer or a sponsoring agency. The maximum matching fund assistance available is $40 per request.

"We're pleased to be a part of the Helping Hand program," said AARP executive director Cyril F. Brickfield. "It's an excellent way for our organization to join others in the community in helping those who need it most."

Participants in the program are required to be verified as being eligible by any church or community organization that is an approved Helping Hand sponsor. Applications for assistance will be accepted at PSI offices beginning Jan. 2.

Last year, PSI reports, over 3,700 customer bills were paid with assistance from the program. Those organizations wishing to participate as a sponsor, and those individuals in need of help, should contact PSI offices.

The Evening News, Jeffersonville, Ind., Friday, January 3, 1986

Ken Ellis Seniors plan full month of trips and activities

The Ken Ellis Senior Opportunity Center has begun a new year of ars, crafts and senior trips.

Senior exercises take place at 11 a.m. on Tuesdays and Thursdays. Crafts for the month include quilting, tin punch, macrame, sewing and needlepoint. A new beginners class in folk art painting will also take place if there is enough interest.

The first trip for 1986 is scheduled for January 14. The group will go to Claysburg Towers for activities and a nutritional meal and then travel to Beechwood Center for a monthly senior dance. The monthly dinner is planned for January 16. Herman Miller, a representative from Social Security will speak on the new changes of Medicare and entertainment will be provided by Floyd Adams, organist at Wesley Chapel Church.

A tour of the Courier Journal and Louisville Times is planned for January 22, leaving the center at 9:30 a.m. Before returning to the center lunch will be enjoyed at Kingfish. A trip to the Green Tree Mall will take place on January 29 with those wishing to take part in the March of Dimes walk-a-thon being able to do so inside the mall. The group will leave the center at 10 a.m. and return at 2 p.m.

Winner of the quilt made by the center and Fern Sparks was Mildred Thornley of Claysburg Towers.

The Ken Ellis Center is sponsored by the South Central Indiana Council for Age and Aging.

The Tribune's Tri-County Extra, New Albany, In., Wed., Jan. 15 1986

Crafts Being Offered At Ken Ellis Senior Center

Crafts offered this month at the Ken Ellis Senior Citizens Center, 211 Martin Drive, Jeffersonville, will include quilting, tin punch, macrame, sewing and neddlepoint. A new beginner's class in folk art painting will be offered if there is enough interest.

Exercise classes are offered at 11 a.m. Tuesdays and Thursdays.

The group will be going to Claysburg Towers Jan. 14 for a nutrition meal and activities and to Beechwood Center for the monthly senior dance.

Herman Miller from the Social Security office will speak on Medicare changes at the Jan. 16 monthly dinner. Floyd Adams, organist at Wesley Chapel United Methodist Church, will entertain and there will be a free blood pressure check. All seniors are invited to bring a covered dish.

On Jan. 22 the seniors will tour the Courier-Journal and Louisville Times building and eat lunch at Kingfish restaurant.

A trip to Green Tree Mall is scheduled for Jan. 29 and persons who want to will be able to take part in the March of Dimes Walk-a-thon.

Mildred Thornley of Claysburg Towers won a quilt that was handmade at the Center.

Persons 60 and older are welcome to attend the Center, which is sponsored by the South Central Indiana Council for the Aging and Aged. For transportation, call 948-9701.

→
Mildred Sanders
O.H. 1985
Banquet

Staff Photo by James H. Wallace

Feb 5th

Clown gets cheeky

Ann Luinis, 76, of Austin, was in the spotlight when she got a kiss from Bingo the Clown yesterday at the first performance of the 61st Kosair Temple Shrine Circus at Louisville Gardens. A group from the Jeffersonville Ken Ellis Center — an activity center for senior citizens — attended the circus, which has shows through Sunday.

The Evening News, Jeffersonville, Ind., Wednesday, February 5, 1986

Ken Ellis Seniors plan February activities

The Ken Ellis Senior Opportunity Center, sponsored by the South Central Indiana Council of Aged and Aging, will begin the month of February special activities on February 11 at Claysburg Towers. The day will include exercise and a nutritional meal at noon. At 12:30 p.m. the group will travel to Beechwood Center for a senior dance.

February is Black History Month and will be celebrated by attending a black history show at the Kentucky Center for the Arts and viewing the black history pictures in the lobby on Wednesday, February 12 and eating dinner at a local restaurant. The group will leave the center at 10:15 a.m. and return at 1:30 p.m.

St. Valentine's Day, February 14, will be celebrated by a Valentine's Day party from 1 p.m. to 2 p.m. Crafts and activities will be enjoyed that morning.

The third Thursday of each month is our monthly dinner and Tony Tabor an announcer from WXLN will be our guest speaker at 11 a.m. Bring a covered dish and come enjoy the fun.

Wednesday, February 26, we will tour the new Humana Inc. Building on Main Street in Louisville. Following the grand tour refreshments will be served. The seniors will leave the center at 9:30 a.m. and return at 1:30 p.m.

Seniors need exercise and we will have a special exercise day, February 27 starting at 10 a.m. in the morning with Dorothy Christman on body recall. Mrs. Christman is from Berea College and her program has had much success. Body recall is a physical fitness program for adults who have lost muscle tone and flexibility for persons in a recuperative phase. A nutrition meal will be served and reservations have to be turned by February 25.

Crafts, spiritual awareness and exercise are planned five days a week.

The Evening News, Jeffersonville, Ind., Thursday, February 13, 1986

Body Recall will teach seniors fitness

An introduction to Body Recall, a national lifetime fitness program will be presented Thursday, February 27 at the Ken Ellis Center, Martin Circle, Jeffersonville, to promote the health and well being of older people. This special event is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

Body Recall developer Dorothy Chrisman of Berea, Ky. and her travel team of older adults will conduct a physical fitness demonstration with audience participation at the Ken Ellis Senior Center. This will be followed by a lecture presentation in which Chrisman will explain her method of easy exercise and how it works to assist adults in health producing movement. The purpose of the program is to create greater health awareness and focus attention on disease preventable illness, injuries and conditions. The health promotion goal of assisting Indiana residents is developiong a healther outlook on life and the natural process of aging is reflected in the campaign theme, "For A Better Life In Indiana, Season Your Days With Good Health."

Administrators and activity director of nursing homes, retirement homes and hospitals will be particularly interested in "Body Recall" as well as senior citizens. The demonstration will be presented free of charge. Lunch following the program is optional. For those under the age of 60 years, the cost of the meal will be $3.26, seniors 60 years of age or older will pay according to their ability.

Call the Council for the Aging and Aged, 948-8330 by February 20 for registration and or information.

Courier Journal
Feb. 12, 1986

Silver Pages will offer discounts for elderly

By LARRY BLEIBERG
Staff Writer

The Louisville area will soon have a telephone directory just for people 60 and older.

The Silver Pages, a large-print, silver-paged directory, will list businesses and professionals offering discounts or special services for older people. It also will have an information and referral section listing government departments and private agencies that offer services for senior citizens, said Sherry Atwood, a supervisor with Southwestern Bell Publications in St. Louis.

The directory will be free to people 60 or older who live in Jefferson, Bullitt, Oldham and Shelby counties in Kentucky and Clark, Floyd, Harrison and Scott counties in Indiana.

Those who want one will have to register for an identification card called a Silver Savers Passport. Sign-ups will begin next month at banks, libraries and centers for older people throughout the area.

The card must be shown for a discount and can be used in any of the 50 other areas that have Silver Pages. By the end of the year, the directory will be in 110 areas, said Ted Easterling, a local Silver Pages salesman.

He said most local advertisers plan to offer a 10 percent to 15 percent discount to card holders, while some may offer free delivery or pickup.

Advertisers are expected to include pharmacies and health-care companies, roofers, airlines, plumbers and real-estate and insurance agents, he said.

Easterling said the company plans to print at least 82,000 directories, which will be delivered to card holders in June.

The Kentuckiana Regional Planning and Development Agency will help publicize the Silver Pages among older people in Kentucky. The South Central Indiana Council for the Aging and Aged will arrange sign-up locations in Southern Indiana.

The council plans to end its existing discount shopping program, which serves about 8,000 older people, because the Silver Pages will be more thorough, said Patricia Jewell, the council's executive director.

THE LOUISVILLE TIMES
MONDAY, FEBRUARY 17, 1986

INDIANA UPDATE

Indiana Update contains news and announcements from Southern Indiana. Send items to Indiana Update, The Louisville Times, 525 W. Broadway, Louisville 40202, or call 582-4234.

Compiled by ED SCHUELER

An introduction to **Body Recall,** a national lifetime fitness program for older people, will be presented Feb. 27 at the Ken Ellis Center, Martin Circle, Jeffersonville. The event is sponsored by the South Central Indiana Council for the Aging & Aged Inc.

Dorothy Chrisman, of Berea, Ky., developer of the program, will discuss the benefits, and a team of older adults will demonstrate the exercises, with audience participation.

Administrators and activity directors of hospitals and nursing and retirement homes also are invited.

The demonstration will be free, and an optional lunch will follow. Persons 60 and older will pay for the lunch according to their ability, and those under 60 must pay $3.26.

Call the Council for the Aging & Aged at 948-8330 by Feb. 20 for meeting time or to register.

The Evening News, Jeffersonville, Ind., Wednesday, March 5, 1986

March is a busy month for seniors at Ken Ellis Center

Senior Citizens at the Ken Ellis Center are busy getting ready for the spring bazaar and turkey dinner. The bazaar will be from 10-2 with a turkey dinner served from 11-1 on March 21.

Easter crafts during the month of March with a trip to the Outlet Mall planned for Monday March 10; March 11 Tuesday, activities and nutrition meal at Claysburg Towers dining room between 10-2; Wednesday March 11 and educational wellness program will be at 11 given by Joan Dome. Wednesday March 26 quality care will be at the center testing seniors ears. Every Tuesday and Thursday is seniorcize.

Monthly dinner for March will be changed to the fourth Thursday, March 27 between 10-2. Programs for the day will start by The Rhythmaires entertainment of Fifth Street Center followed by Mrs. Margie Gribbons from Mark Elrod who will perform her famous comedy entertainment. At 11 a dulcimer band will perform with a sing-a-long and at 12:30 Dr. John will show slides of his second trip to Russia. Bring a covered dish and come enjoy the fun.

The Ken Ellis Center is sponsored by The South Central Indiana Council of Age and Aging.

THE BANNER-GAZETTE, Wednesday, February 19, 1986

Silver Pages directory available in Clark, Floyd

A localized version of the Silver Pages, a discount directory for senior citizens, will be available in Clark and Floyd Counties, as well as in the Louisville area.

The Silver Pages will contain a classified advertising section including only local businesses that provide discounts or special offers to persons age 60 or older.

As part of the Silver Pages, senior citizens will receive an identification card to provide proof of eligibility for discounts or special offers. Both the directory and identification card are free to eligible senior citizens.

Seniors may apply for their free directory and cards at the Kentuckiana Regional Planning and Development Agency (KIPDA) Senior Center by calling 502-589-4406 for the nearest site or any South Central Indiana Council for the Aged Senior Center at 812-948-8330.

After Saturday, March 1, senior citizens may also apply in Floyd County at any public library branch or at any Regional Federal Bank. In Clark County, persons may apply at any CommerceAmerica Bank or any United Bank of Indiana. Harrison County senior citizens may apply at any CommerceAmerica Bank.

The directory will be published by Southwestern Bell Media, a subsidiary of Southwestern Bell Publications. Both companies are headquartered in St. Louis.

"We plan to have the Silver Pages in the hands of senior citizens here by the end of June," said Ronald M. Jennings, executive vice president of Southwestern Bell Publications, in making the announcement.

The directory's full-color magazine section will include a variety of feature stories and other informational material written especially for older adults.

"The directory also will contain an information and referral section describing the services and programs provided to senior citizens by agencies on aging," Jennings said. "Without the help we've received from these groups, we probably never would have gotten the Silver Pages off the ground.

A local force of account representatives has begun consulting with area businesses about their advertising needs, Jennings said. Those who wish to discuss advertising in the Silver Pages may call a toll-free number, 1-800-443-6200.

The South Central Indiana Council for the Aging will sign up seniors in Indiana counties covered by the directory. In addition, that area agency will help with the information and referral guide.

"We're quite pleased that the Louisville Silver Pages will also cover our Clark and Floyd Counties in Indiana," remarked Patricia Jewell, executive director of the South Central Indiana Council for the Aging.

"We're hoping to get 100 percent participation by our seniors and urge them to take advantage of this program," she added.

Katie

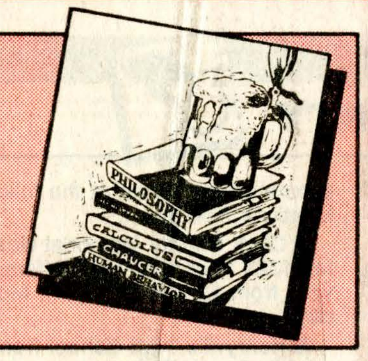
116 ca

SPORT

Memorial Park in Jeffersonville has a new name to go with a new look. See Page 12.

YOUTH

Clarksville students are working for a safer prom and graduation. Page 14.



FOOD

Dana Payton of the Deli Dip cafe takes a singular approach to cooking. Page 6.

The Indiana Weekly

WEDNESDAY/THURSDAY, APRIL 16/17, 1986 A SPECIAL PUBLICATION OF THE LOUISVILLE TIMES AND THE COURIER-JOURNAL © 1986 EAST

WHEN THE HELPERS NEED HELP

Alzheimer's toll includes those who care for sufferers

> "Too many people feel guilty about asking for help. They think they should be strong enough to go it alone. That's not possible with Alzheimer's. It's an exhausting disorder for the family."

By **GAYLE CUTLER**
Indiana Weekly Staff Writer

"People on the outside can't understand. Watching a loved one change so completely ... become somebody who sooner or later doesn't even know you ... and there's nothing you can do to stop it. It's devastating. You feel helpless and frightened and very alone."

The words were spoken by Floyd County resident Marcia Heilman. The emotions are shared by everyone who loves someone suffering from Alzheimer's disease — a progressive, irreversible brain disorder that afflicts about 3 million Americans. According to figures from the national Alzheimer's Disease and Related Disorders Association, the disease kills 150,000 people in the United States every year.

Because its victims' mental and physical deterioration can span many years, Alzheimer's has been referred to as "a funeral that never ends" for the relatives who take care of their once-responsible loved ones, watching them slip inexorably back to the helpless state of infancy.

Feelings of helplessness and isolation often overwhelm family members caring for the victims and sometimes lead to desperate acts — as in the case of James H. Donahue. The elderly Charlestown man fatally shot his wife, who suffered from Alzheimer's disease, and then himself on Feb. 1.

But family members taking care of the victims in Southern Indiana don't have to suffer alone.

Help is available from a number of sources, and health-care professionals and relatives of Alzheimer's patients urge those family members to take advantage of the services offered.

Donna Greenhill, geriatric coordinator at LifeSpring Mental Health Services in Jeffersonville, said family members must give themselves permission to ask for help — whether it comes from family, friends or someone in the community — and realize that different people have different ways of helping.

For example, Ms. Greenhill said, "A family member may be uncomfortable staying with a sick person so you can go to the grocery, but may be able to give you money to hire someone to stay once in a while.

"Too many people feel guilty about asking for help. They think they should be strong enough to go it alone. That's not possible with Alzheimer's. It's an exhausting disorder for the family," Ms. Greenhill said.

Verna Schneider of Clarksville agreed.

She moved here from Denver, Colo., in 1980 to take care of her 80-year-old sister, Martha, who "started forgetting things and would look at the clock but not know what time it was," Ms. Schneider said.

"Since then, she can't do things like tie a scarf, put on lipstick or operate simple appliances."

Ms. Schneider attends meetings of Alzheimer's support groups in Clarksville and in Louisville to help handle the stress of Martha's disease.

"The only way I can cope is to cry on somebody's shoulder. And I've got two shoulders to give others," Ms. Schneider said.

The meetings are attended by family members and friends of Alzheimer's patients and health-care professionals, who help them understand patients' irrational behavior.

For example, Ms. Schneider said, many Alzheimer's patients move their hands and legs constantly, try to make coffee without putting water in the pot, or turn on the stove and forget what's cooking.

Mrs. Heilman said she has learned "so many helpful little things" from attending support group meetings — like turning off the circuit-breaker switch to the stove when she leaves the house so that her husband George, 62, can "cook" without hurting himself.

She said her husband's disease has progressed rapidly since last summer when he suddenly lost the ability to make business decisions and manage the family's finances.

Most recently, Mrs. Heilman said, he has stopped sleeping at night and has come close to starting several accidental fires with cigarettes. He angers easily and is difficult to talk to.

"It's like I've lost him and I'm a widow," she said.

"We know there'll come a time when he won't even recognize us," she said, referring to herself and the couple's three children.

"We're praying he'll be able to walk our daughter down the aisle when she gets married this August."

Mrs. Heilman and Ms. Schneider have some suggestions for those who care for the victims — suggestions that Ms. Greenhill said are endorsed by health-care professionals.

They are:

- Live one day at a time.
- Learn everything you can about the disease. Attend as many support-group meetings and read as many books and pamphlets as you can.
- Get out of the house at least two or three times a week, even if only for an hour or two each time. Getting cleaned up and having a change of scenery is good for you and the patient.
- Above all else, remain calm. If you get irritated, so will the patient. If you yell, the patient won't understand that you are frustrated with the situation and not angry with him.
- Talk to the patient as if he understands every word you say. Even after an Alzheimer's patient's communication skills have deteriorated, he still may be able to talk at times. And frequently he understands more than you think. If you pretend he understands everything, you will help him retain these abilities longer.
- Keep the patient home as long as possible. Familiar surroundings and loving people will help slow the process of mental deterioration.

Ms. Schneider said, "There comes a time when we have no choice but to put our loved ones into nursing homes. But it's so hard. Nobody understands how hard it is."

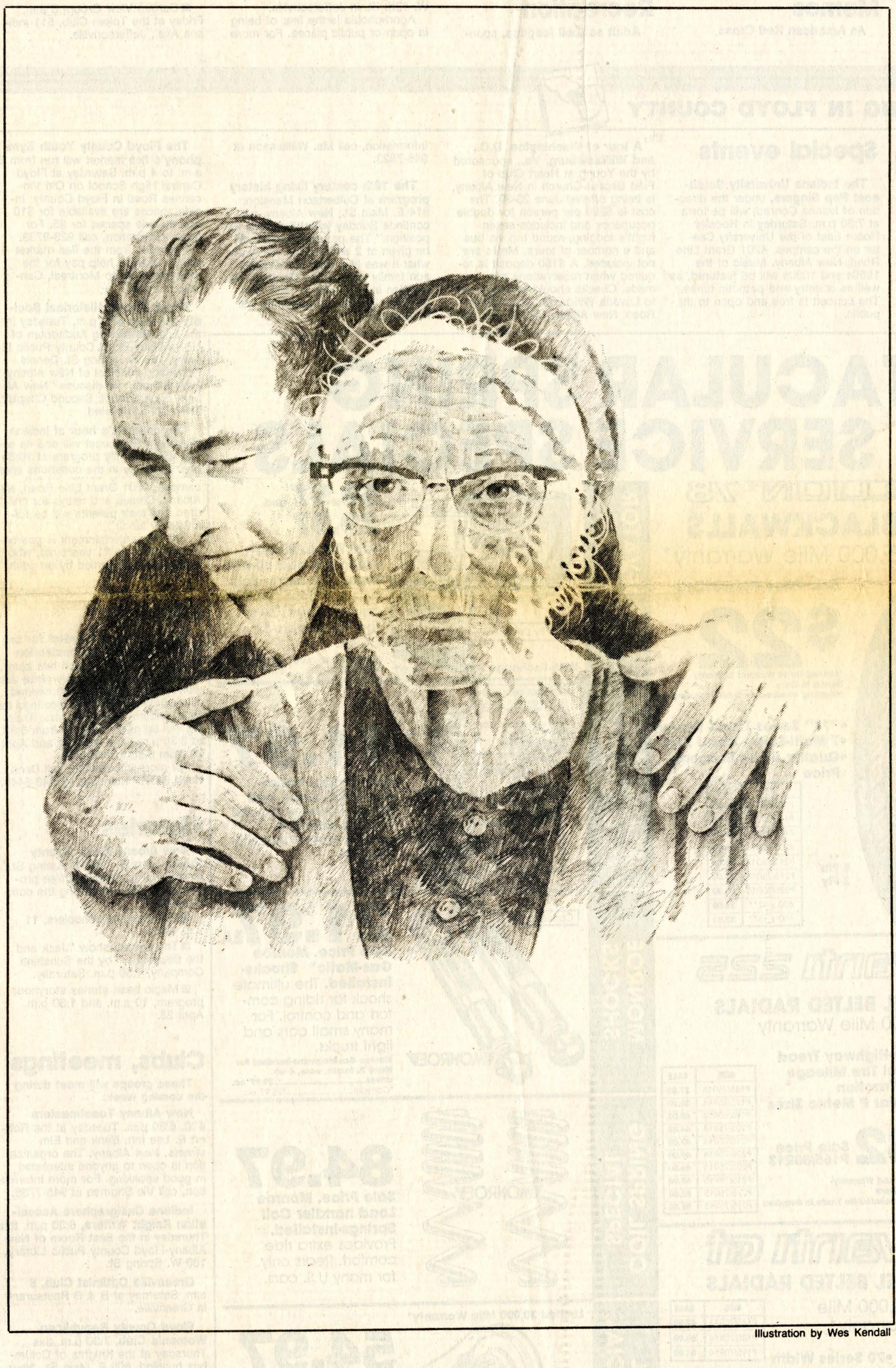


Illustration by Wes Kendall

Caring for a patient with Alzheimer's disease? Here are some sources of aid

No figures are available for the number of people with Alzheimer's disease in Southern Indiana. But the Alzheimer's Disease and Related Disorders Association estimates that one parent in one-third of all American families eventually will develop the disease.

Below is a list of services available for victims and families.

■ **Family Support Group,** 7 p.m., third Thursday of the month, Westminster Village, 220 Green Tree North, Clarksville. To confirm meeting times, call Deborah Rowett at 282-9691 or Nancy Daily at 367-6489.

The group is sponsored by the Louisville Chapter of the Alzheimer's Disease and Related Disorders Association. For more information about the association, call 893-3607 or 293-9329.

■ **South Central Indiana Council for the Aging and Aged Inc.,** New Albany, offers services for older people who live alone that may benefit Alzheimer's patients in the early stages of the disease. homebound and arranges for people who will take the patient to the grocery, run errands, perform housekeeping chores and do home repairs.

For more information, call Nancy Shiner at 948-8330.

■ **A day-care center** that accepts Alzheimer's patients. The center is at Providence Retirement Home, 701 E. Spring St., New Albany. It is open from 8:15 a.m. to 4:30 p.m. weekdays. The cost is $13 per day.

The center has 75 employees, including physicians and nurses, who design activities and therapeutic services to fit each person's needs. A hot lunch, snacks and transportation are provided. For information, call Sister Barbara Zeller at 945-5221.

■ **LifeSpring Mental Health Services,** 207 W. 13 St., Jeffersonville, is a 47-bed psychiatric center that offers in-patient and out-patient services. The center counsels caregivers so that patients can remain at home as long as possible. For more information, call Donna Greenhill at 283-4491.

■ **Home-Companion Referral Service** at Interfaith Community Council, 702 E. Market St. in New Albany. The council matches companions with people who need them. For more information, call Diane Schroeder at 948-9248.

●

The following publications are available:

■ **"Alzheimer's Disease — A Guide for Families,"** by Lenore S. Powell and Katie Courtice. Available in the public library.

■ **"36 Hour Day,"** by Nancy L. Mace and Dr. Peter V. Rabin. Available in the public library or can be purchased from the ADRDA-Louisville Chapter, P.O. Box 18049, Louisville, 40218.

■ **"Managing the Person With Intellectual Loss at Home"** and **"Choosing a Nursing Home for Persons With Intellectual Loss,"** booklets written by Elizabeth Lincoln and published by Burke Rehabilitation Center, White Plains, N.Y. Available from ADRDA.

■ **"Understanding and Caring for the Person With Alzheimer's Disease,"** a booklet prepared by the Atlanta Area Chapter of ADRDA. Available from the ADRDA-Louisville Chapter.

■ **"Alzheimer's Alters Us All,"** a booklet by Betty Morgan. Available from ADRDA.

■ **Monthly newsletter** published by ADRDA-Louisville Chapter.

■ **"Check Points — Alzheimer's Disease."** A free pamphlet available at Hook's Convalescent Aids Center, 658 Eastern Blvd., Clarksville.

■ **Quarterly newsletter** published by the South Central Indiana Council for the Aging and Aged. The newsletter reports on Alzheimer's research and programs. Call 948-8330 to get on the mailing list.

■ **ADRDA National Headquarters newsletter.** To get on mailing list, call (800) 621-0379 or write headquarters offices at 70 East Lake St., Chicago, Ill., 60601.

WHAT'S HAPPENING IN CLARK COUNTY

WILLIAM L.
HAURY

People

Loretta and Howard Munk of Memphis were honored recently with a 50th wedding anniversary celebration at Memphis Christian Church.

They were married April 11, 1936, in Henryville.

Special events

Gospel singer and songwriter Scott Wesley Brown will perform Monday at Derby Dinner Playhouse, 525 Marriott Drive, Clarksville.

Dinner starts at 6:30 p.m. and the show at 7:45 p.m. Only nonalcholic beverages will be served.

Tickets are $13 to $20, with special rates for groups of 20 or more. Reservations may be made by calling the box office at 288-8281. For more information, call Mary Anne Rickert at 288-2623.

The annual Mayor's Cup Invitational Coed Softball Tournament is planned May 9-11 to benefit the WHAS Crusade for Children. The Jeffersonville Department of Parks and Recreation is the event's sponsor.

The entry fee is $75 per team. Entries must be made by May 2 and may be made by calling Harold Lakeman at 283-7743.

Classes

Operation and maintenance of wastewater-treatment plants will be the subject of a class offered by Indiana Vocational Technical College Southcentral, 8204 Ind. 311, Sellersburg. The course, which will meet from 8 a.m. to 5 p.m. April 25, is designed for individuals taking the Class I and II municipal wastewater certification exams, and as a refresher for Class III operators taking the exam.

The $135 cost will include all materials and lunch. Also, registration for the state exam, scheduled on May 20, is offered separately. To enroll, call 246-3301 or the toll-free number 1-800-321-9021.

Memos

An **American Red Cross bloodmobile** will be at the following locations next week:

- Clark County Memorial Hospital, 1220 Missouri Ave., Jeffersonville, from 10 a.m. to 3 p.m. Monday.
- Henryville High School from 10 a.m. to 2 p.m. Tuesday.

There also will be a unit at the hospital this week from 2 to 7 p.m. this Thursday.

Meetings

The following groups will meet during the coming week:

Falcon Composite Squadron of the Civil Air Patrol, 7 p.m. this Thursday at the Clarksville Optimist Club on North Clark Boulevard. For more information, call Maj. Glenn Kavich at 944-0699 or Maj. Thomas Rowe at 945-5568.

Clarksville Building Commission, 7:30 p.m. Monday in Room 106, Clarksville Town Hall, 230 E. Montgomery Ave.

Clarksville Department of Parks and Recreation, 7:30 p.m. Thursday at the department's office, 107 1/2 Roy Cole Drive, Clarksville.

Recreation

Adult softball leagues, sponsored by the Clifford Graves YMCA, will start the week of May 11. Teams will play for 10 weeks with a single elimination tournament at the conclusion of the season. Here is the schedule:

- Men's "B" Division — Thursdays.
- Women's "C" Division — Tuesdays.
- Men's "C" Division — Sundays.

The entry fee is $240 per team. For more information, call Joe Larocca at 288-7181.

Also, **adult coed volleyball leagues** are being offered at the center, starting May 5. Teams will play for 10 weeks with an added two weeks for a single elimination tournament.

The entry fee is $100 per team. April 28 is the deadline to register, and no membership is required.

Self-help groups

These self-help groups will meet next week:

The **Agoraphobia Self-Help Group,** 7 p.m. Tuesday in Group Room A on the main floor of LifeSpring Mental Health Services, 207 W. 13th St. in Jeffersonville.

Agoraphobia is the fear of being in open or public places. For more information, call 283-4491, Ext. 282.

Parents Without Partners, Southern Indiana Chapter 714, 8 p.m. Thursdays at the Veteran of Foreign Wars Post, 800 VFW Blvd., (formerly Illinois Ave.), Jeffersonville. For more information, call Wilma Clark at 283-9517.

Alcoholics Anonymous, a group of men and women who help each other solve common problems and help others recover from alcoholism:

- Henryville Group, 8 p.m. Sunday at St. Francis Xavier Catholic Church, Ind. 160 and U. S. 31 in Henryville.
- Token Club Group, 8 p.m. Tuesday at the Token Club, 511 Indiana Ave., Jeffersonville.
- Center Group, 8 p.m. next Wednesday at 1319 Missouri Ave., Jeffersonville.
- Clarksville Group, 7:30 p.m. this Thursday at the Token Club, 511 Indiana Ave., Jeffersonville.
- Charlestown Group, 8 p.m. this Thursday at 214 McCampbell St.
- Serenity Speaker Group, 7:30 p.m. Friday at 204 Sunset Ave., Clarksville.
- Garden View Group, 8 p.m. Friday at the Token Club, 511 Indiana Ave., Jeffersonville.
- Night Owl Group, midnight Friday at the Token Club, 511 Indiana Ave., Jeffersonville.
- Sellersburg Group, 8 p.m. Saturday at the Civic Center in Speed.
- Why Not Group, 8 p.m. Saturday at the Token Club, 511 Indiana Ave., Jeffersonville.
- Saturday Nite Group, 11 p.m. Saturday at the Token Club, 511 Indiana Ave., Jeffersonville.
- At LifeSpring Mental Health Services, 207 W. 13th St., Jeffersonville, featuring open discussions at 10 a.m. Tuesday and this Thursday.

Al-Anon Family Group:

- Monday Review Group, 10:30 a.m. Monday at LifeSpring, 207 W. 13th St., Jeffersonville.
- Jeffersonville Group, 8 p.m. Monday at 511 Indiana Ave.
- Clarksville Group, 8 p.m. next Wednesday at LifeSpring, 207 W. 13th St., Jeffersonville.
- The Alateen Helping Hand Group, 8 p.m. next Wednesday at LifeSpring, 207 W. 13th St., Jeffersonville.

For more information, write the Greater Louisville Central Office, Room 323, Fincastle Building, 305 W. Broadway, Louisville, Ky. 40202, or call (502) 582-1849.

WHAT'S HAPPENING IN FLOYD COUNTY

ED
SCHUELER

Special events

The Indiana University Southeast Pop Singers, under the direction of Ivanna Conrad, will perform at 7:30 p.m. Saturday in Hoosier Room East of the University Center on the campus, 4201 Grant Line Road, New Albany. Music of the 1950s and 1890s will be featured, as well as country and patriotic tunes. The concert is free and open to the public.

A tour of Washington, D.C., and Williamsburg, Va., sponsored by the Young at Heart Club of First Baptist Church in New Albany, is being offered June 23-30. The cost is $299 per person for double occupancy and includes seven night's lodging, round trip via bus and a number of tours. Meals are not included. A $100 deposit is required when reservations are made. Checks should be made out to Lavada Williamson, 1910 Bono Road, New Albany, 47150. For more information, call Ms. Williamson at 945-7823.

The 19th century living history program at Culbertson Mansion, 914 E. Main St., New Albany, will continue Sunday with "Southern Exposition." The program, which will be given at 2 and 4 p.m., will show what it was like when the Culbertson family went to the Southern Exposition in Louisville in 1883. The program is free but donations will be accepted.

The Floyd County Youth Symphony's flea market will run from 8 a.m. to 4 p.m. Saturday at Floyd Central High School on Old Vincennes Road in Floyd County. Inside spaces are available for $10 and outside spaces for $5. For more information, call 923-9733.

Proceeds from the flea market will be used to help pay for the orchestra's tip to Montreal, Canada, in June.

Floyd County Historical Society will meet at 8 p.m. Tuesday in the Elsa Strassweg Auditorium of New Albany-Floyd County Public Library, 180 W. Spring St. Dennis Renshaw, principal of New Albany High School, will discuss "New Albany High School: Second Chapter." The public is invited.

The children's hour at Indiana University Southeast will end its series with a family program at 10:30 a.m. Saturday in the commons area of the University Center on the campus, 4201 Grant Line Road, New Albany. Games and relays for children and their parents will be followed by lunch.

The free entertainment is geared to children 3 to 11 years old, who must be accompanied by an adult.

Classes

Volunteers are needed for the Victim Offender Reconciliation Program (VORP), which has been operating in Floyd County since January 1985. Volunteers are needed to mediate face-to-face meetings between victims and offenders. Training will be given April 22 from 6:30 to 8:30 p.m., and April 24 and April 29 from 6:30 to 9:30 p.m.

For more information, call Dana Head, VORP manager, at 948-5445.

Libraries

New Albany-Floyd County Public Library, 180 W. Spring St., is offering the following free programs for children during the coming week:

- Films for pre-schoolers, 11 a.m. Friday.
- The puppet show "Jack and the Beanstalk," by the Sunshine Company, 1:30 p.m. Saturday.
- Magic bean stories storyhour program, 10 a.m. and 1:30 p.m. April 23.

Clubs, meetings

These groups will meet during the coming week:

New Albany Toastmasters 410, 6:30 p.m. Tuesday at the Robert E. Lee Inn, Bank and Elm streets, New Albany. The organization is open to anyone interested in good speaking. For more information, call Vic Shuman at 945-7735.

Indiana Calligraphers Association Knight Writers, 6:30 p.m. this Thursday in the East Room of New Albany-Floyd County Public Library, 180 W. Spring St.

Greenville Optimist Club, 8 a.m. Saturday at B & B Restaurant in Greenville.

Floyd County Republican Women's Club, 7:30 p.m. this Thursday at the Knights of Columbus building, 809 E. Main St., New Albany.

Memos

An American Red Cross bloodmobile will be at the following locations during the coming week:

Floyd County Memorial Hospital, 1850 State St., New Albany, 11:30 a.m. to 4 p.m. this Thursday; and New Albany High School, 1202 Vincennes St., 8:45 a.m. to 1:45 p.m. next Wednesday.

New Directions, a Floyd County Juvenile Delinquency Prevention Program for 9-, 10- and 11-year-olds, meets at 5 p.m. Mondays at St. Paul's Parish House, 1015 E. Main St.; 3 p.m. Thursdays at Lillian Emery Elementary School, 1111 Pearl St., and 3:30 p.m. Fridays at Mount Tabor Elementary School, 800 Mount Tabor Road, all in New Albany.

Varied programs, including speakers, films and discussion groups, are offered for first-time offenders and others identified as being at risk of becoming delinquent. The program also provides youth-services networking and referrals for Floyd County families. The service is free. For more information, call Ralph Thumas at 945-4107.

Good used clothing will be given away Thursdays and Saturdays from 10 to 11:30 a.m. at the First Church of the Nazarene, 602 W. Market St., New Albany. The items are free to anyone who needs them. The church is also seeking clothing donations. For more information, call 944-1022.

The **Clothes Closet** at Advent Christian Church, 2127 Shelby St., New Albany, will give away good clothing from 1 to 4 p.m. the first and third Thursday of the month.

The Clothes Closet at New Albany's Bethel A.M.E. Church, 315 E. 5th St., will give away good clothing from 9 a.m. to 2 p.m. Saturday. The Clothes Closet will be open on the third Saturday of each month. The church is also seeking donations of clothing. For more information, call 944-6814.

Self-help groups

A support group for **Adult Children of Alcoholics** meets Sundays at 7:30 p.m. at the Council on Human Services, 402 E. Spring St., New Albany. For more information, call Donna DeGraff at 948-2482.

Challenge, a non-denominational support group for separated and divorced people, meets at 7:30 p.m. Wednesdays. For more information about where meetings are held, call 282-2290.

Sports and recreation

The 4-H Corp. board's **fourth mud-sling** will be held May 4 at Floyd County 4-H Fairgrounds on Green Valley Road in New Albany. There will be six categories for prizes in four-wheel drive competitions, including an unlimited class. Drivers will attempt to guide their vehicles through a large mud pit.

There is a $10 entry fee for the regular classes; the unlimited class has an additional entry fee with a 100 percent payback for first, second and third. Helmets, seatbelts and a strong rear hitch are required.

Admission is $3 for adults, and $1 for children ages 6-12. All proceeds will benefit the Floyd County 4-H program.

For more information, call the Floyd County Extension Office at 948-5470.

Family swimming will be offered from 1 to 4 p.m. Sunday and April 27 in the pool of New Albany High School in cooperation with the New Albany-Floyd County Department of Parks and Recreation. The cost is $1 for adults and 50 cents for students.

Community centers

Floyds Knobs Community Club will hold its last **euchre tournament** of the season at 7:30 p.m. this Thursday at the club on Weber Lane in Floyds Knobs. The public is invited to come and bring a friend.

The club also will have a **turkey shoot** April 26. Sign-ups and a short shoot start at 4 p.m., with the long shoot at 8 p.m. First prize is a side of beef and second prize is a hind quarter of beef. Other prizes and food also are planned.

For more information, call Cindy Missi at 923-8142.

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THE LOUISVILLE TIMES
TUESDAY, MARCH 4, 1986
PAGE A5
INDIANA, KENTUCKY NEWS

Body
Recall

'Recalled' for extra body work

Dorothy Chrisman, above, of Berea, Ky., brought her "Body Recall" workshop to senior citizens last week at the Ken Ellis Senior Opportunity Center in Jeffersonville. Ms. Chrisman, who developed the fitness program to help restore muscle tone and flexibility in older adults, travels throughout the U. S. to demonstrate its benefits. At right, Roberta Paslick followed along during part of the participation exercise program.

STAFF PHOTOS
BY GARY S. CHAPMAN

The Evening News, Jeffersonville, Ind., Thursday, April 17, 1986

Plans are finalized for senior citizens trip to Opryland USA

The Ken Ellis Senior Center, sponsored by the South Central Inciana Council for the Aging & Aged, Inc. Area 14 Agency, is finalizing plans for a trip to Opryland USA in Nashville.

Opryland USA offers entertainment, sightseeing, television tapings, dining and more.

The tour will leave the Ken Ellis Center at 8 a.m. on Wednesday, June 4, and return Thursday at 7:30 p.m. Costs for the trip is $43 which includes transportation, motel room at Drury Inn and tickets into the park on both days. Reservations are needed now and money must be paid by May 5 at the center.

For more information call Sue Johnson at the Ken Ellis Center.

The Evening News, Jeffersonville, Ind., Saturday, April 19, 1986

Centenarians to be honored in state ceremony

Governor Robert D. Orr will be recognizing Indiana centenarians in a special ceremony on May 1 by presenting certificaters to them or family members. These ceremonies will be at the State Capitol Building in Indianapolis and will be part of the proclamation of May as Older Americans Month. The national theme for Older Americans Month is "Plan on Living the Rest of Your Life" and encourages all Americans, both young and old, to remain healthy, fit and involved.

The South Central Indiana Council for the Aging and Aged, Inc., is interested in learning of persons 100 years of age or older living in private homes or health care facilities in Clark, Floyd, Harrison and Scott Counties. Contact the Council for the Aging at 948-8330 with the name of any centenarian by April 25.

Page 16 — THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, April 9, 1986

Pep Up
Your
Life
Council
On
Aging
Area 14
NUTRITION
Pep Up
Your
Life

Senior citizens celebrate fitness

From left, Mary Yarborough, 74, Goldie Schamel, 68 and Thelma Bertrand lead exercises for the South Central Indiana Council for the Aging and Aged at St. Bernard's Church in Frenchtown on March 26. Bertrand, health services director for the Council on Aging for Harrison, Clark, Floyd and Scott counties, said the exercises were a part of National Nutrition Awareness Week, which also stressed fitness.

THE BANNER-GAZETTE, Wednesday, April 23, 1986 Page 5

Agency seeks centenarians

Governor Robert D. Orr, on Thursday, May 1, will be recognizing Indiana centenarians in special ceremonies by presenting certificates to them or family members. These ceremonies will be at the State Capitol Building in Indianapolis and will be part of the proclamation of May as Older Americans Month.

The national theme for Older Americans Month is "Plan on Living the Rest of Your Life" and encourages all Americans, both young and old, to remain healthy, fit, and involved.

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THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, April 23,

Centenarians sought for state recognition

On Thursday, May 1, Gov. Robert D. Orr will recognize Indiana centenarians in special ceremonies by presenting certificates to them or family members. The ceremonies will be at the State Capitol Building in Indianapolis and will be part of the proclamation of May as Older Americans Month.

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South Central Indiana Council for the Aging and Aged Inc. is interested in learning of persons 100 years of age or older living in private homes or health care facilities in Harrison, Clark, Floyd and Scott counties. The Council for the Aging at 1-948-8330 would like to know the name of any centenarian by Friday.

The Evening News, Jeffersonville, Ind., Friday, April 4, 1986

The Ken Ellis Center plans April schedule

The Ken Ellis Senior Citizens, which meet weekdays at 211 Martin Circle, Jeffersonville, will have many special programs during the month of April.

Karen Degraff from Upjohn will give a demonstration on how to use a thermometer and the group will attend Sabbatah time at Providence Nursing home. They will also be guests at Hillcrest Nursing Home and will treat the senior citizens to a free dinner, microwave demonstration and other activities.

The group will travel to Claysburg Towers for actitivies in the dining room and a legislative seminar will be held at the center.

The monthly dinner is planned for April 17 with Clark County Head Start children providing entertainment. A representative from the Cancer Society will speak to the seniors on April 24.

The center is in need of cleaning products, coffee, towels and other necessities. The senior citizens are asked to bring whatever they can. Seniorcize is done at the center each Tuesday and Thursday.

Trip for the month will be to the Jefferson Mall, leaving the center at 9:30 a.m. and returning at 2 p.m.

The center is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

The Evening News, Jeffersonville, Ind., Thursday, May 22, 1986

Over 100 years old

Local older Americans honored

May is Older Americans Month and the theme is "Have Your Health and Have Everything". "While we are making a concerted effort during the May 1986 Older Americans Month celebration to draw attention to the importance of health and fitness in the lives of older Americans, we are hoping that this month will serve as the beginning of positive changes in our (younger Americans') lifestyles...," stated Carol Fraser Fisk, Acting Commissioner on Aging.

In an effort to promote good health among senior citizens, Governor Robert D. Orr recognized those Hoosiers who have reached the age of 100 or more in ceremonies held at the State Rotunda on May 1 during the Governor's Proclamation of Older Americans Month. The centenarians presented with "Century Club" awards from the Governor are Eva Banet, Emma Jennings, Della Hanlon, Thomas Beaty, Pearl Wright, Lillian Stein, Amelia Crandell, Ida Hoehn, and Eva Eckerty — all residing in Floyd County; Lillia Mae Harris, Ottis Burge, Barbara Joy, Amy Baird, and Minnie Bruce — all in Clark County; Rachel Faith — residing in Harrison County; Susan Wallis and Harry Bush — living in Scott County.

The theme of Older Americans Month encourages Americans to enhance their health in later years. Older Americans can adopt healthy lifestyles, exercise regularly, stop smoking, and consult with a physician. Younger Americans can reach out to their older relatives and friends and help them maintain their health and independence. Younger Americans can also begin planning for their own later years by changing their lifestyles.

But there *will still be elderly* people with health problems and conditions which make independent living difficult and family members who are caring for elderly people. Elderly people, families, and other caregivers who are assisting an older person can obtain help and information from local area agencies on aging. The local area agency serving the senior population (those 60 or older) residing in Clark, Floyd, Harrison, and Scott County, is the South Central Indiana Council for the Aging & Aged, Inc.

According to Patricia Jewell, executive director, the services which the local agency provides include services in the home, such as homemaker and handyman, home-delivered meals, and case management; services in the community, such as senior centers, adult day care, congregate meals, legal aid, and health programs; access services, such as transportation to medical appointments, nutrition sites, grocery stores, and activity centers, information and referral which directs older persons *to the* appropriate community resources, and linkage to the Adult Protective Services Program; and services to individuals in long-term care institutions such as the preadmission screening program for health care placement, and linkage to the Nursing Home Ombudsman Program.

For additional information on the agency's programs, contact the South Central Indiana Council for the Aging at (812) 948-8330.

THE BANNER-GAZETTE, Wednesday, May 28, 1986

Area centenarians among those honored by governor

A number of area residents received recognition in ceremonies conducted during the Governor's Proclamation of Older Americans' Month, which continues through May 31. Those persons honored were presented with "Century Club" awards for having reached the age of 100 or more.

Those persons residing in Floyd County who were honored included: Lillian Stein, Amelia Crandell, Ida Hoehn and Eva Eckerty. Those residing in Clark County included: Lillia Mae Harris, Ottis Burge, Barbara Joy, Amy Baird and Minnie Bruce.

Rachel Faith, a resident in Harrison County was also honored.

The theme for Older Americans Month is "Have Youth Health and Have Everything." This theme is to encourage Americans to enhance their health in later years, according to information provided by the South Central Indiana Council for the Aging and Aged, Inc.

Families, caregivers and elderly people can obtain help and information from local area agencies on aging. South Central Council serves the senior population residing in Clark, Floyd, Harrison and Scott Counties.

The services which the local agency provides, according to Patricia Jewell, executive director, includes services in the home, such as homemaker and handyman, home-delivered meals and case management; services in the community. and access services. Additional information on the agency's programs may be obtained by calling 812-948-8330.

THE BANNER-GAZETTE office, located at the corner of Grove and Hwy. 60 in Pekin, is open Monday through Friday from 8 a.m. - 5 p.m. closed on Saturday.

June 18, 1986 One of Clark County's centenarians

Staff photo by Marie Harper

A CELEBRATION was held at Hillcrest Nursing Home, Jeffersonville, celebrating the 103rd birthday of Lillian Harris, seated. Pictured with the honoree are Sharon Martin and Susan Ellis.

The Evening News, Jeffersonville, Ind., Friday, June 6, 1986

Local senior citizens plan June tour of Opryland

Senior citizens at the Ken Ellis Senior Citizen Center, 211 Martin Circle are getting ready for a June tour of Opryland at Nashville, Tennessee.

Forty-eight seniors are going to Opryland and some will be riding on the General Jackson that was made in Jeffersonville. They will also enjoy the showpark and tour the Opryland Hotel.

June 10, seniors will enjoy crafts and activities at Claysburg Towers dining room and dinner reservations have to be turned in Monday. Thursday, June 19, 40 seniors will ride on the Loretta Howard and cruise the Ohio River then take a bus ride to Po Folks Restaurant. Monday, June 23, Mr. Smith will take seniors to the Ruffing Farm for a horse drawn hayride and picnic. Seniors should bring a dish and $4. The seniors will leave the center at 9:30 a.m. and return at 2 p.m. Thursday June 26, Doctor Hendricks, a foot doctor will be at the center and this will also be cheese day.

Crafts and activities are done five days a week and if you're a senior, come and enjoy these many activities.

Once again this year Ken Ellis will take the senior citizen cruuse on the Belle of Louisville. Cost for the trip will be $3.50 which includes ticket and transportation from center. We will only have a limited amount of tickets so the first 40 seniors will enjoy this trip. Ken Ellis Center is sponsored by The South Central Indiana Council of Age and Aging.

The Evening News, Jeffersonville, Ind., Thursday, June 12, 1986

Staff photo by Marie Harper

BEING CROWNED SENIOR QUEEN is Edna Siewert, center, by Nancy Schiner, program director for the Council of Aging, and Robert Potter, master of ceremonies. The pageant was held yesterday at Yellowwood Terrace, Clarksville.

The Tribune,
New Albany, Ind.,
Wednesday, June 18, 1986

SOMEONE WHO CARES — Edna Siewert, senior queen of area 14, has been showing her concern for others for over 16 years at Clark County Hospital. She was the first volunteer to aid the patient representative at the hospital and has taken on the responsibility of delivering the mail and visiting all patients, as here with Sonya Wingler. (Tribune Photo by Jackie Harrison)

The Evening News, Jeffersonville, Ind., Friday, February 28, 1986

Staff photo by Diana Pacey

EXERCISE FOR YOUR HEALTH through the Body Recall, a physical fitness program for the elderly. Dorothy Chrisman of Berea College and students from Body Recall presented a program on physical fitness at the Ken Ellis Center. Senior citizens from Clark, Floyd, Harrison and Scott Counties attended the program.

THE COURIER-JOURNAL, FRIDAY, FEBRUARY 28, 1986

Stretching into shape

Elizabeth Meyer, left, and Catherine Dienes did stretching exercises during a "Body Recall" workshop and demonstration session yesterday at the Ken Ellis Senior Citizen Center in Jeffersonville.

The classes were conducted by Dorothy Chrisman of Berea, Ky.; she developed the fitness program for adults who have lost muscle tone and flexibility, and travels throughout the country to demonstrate its benefits.

STAFF PHOTO
BY GARY S. CHAPMAN

THE BANNER-GAZETTE, Wednesday, June 18, 1986

Area agencies benefit from United Way grants

The Metro United Way of Louisville has announced a number of Priority Programs Fund grants for the second quarter of 1986.

Local beneficiaries include the Council for Older Americans, which received $10,000 to assist in operational expenses in providing transportation for the elderly handicapped in Floyd, Clark, Harrison and Scott Counties. Also the Suicide Prevention and Education Center, received $15,000 for operating funds in providing educational programs on suicide prevention to various groups and schools in southern Indiana.

The Priority Programs Fund provides a clear-cut path for Non-United Way agencies to apply for one-time funding or to establish ongoing participation at a Metro United Way agency. During 1986, the agency will disperse a total of $150,000. Applications for third quarter grants are now being accepted. More information may be obtained by calling Sherry McTyeire at 583-2821.

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, June 22, 1986

Friday 13th Proves Lucky Day For Local Seniors Agency

By DALE SANDUSKY

Friday the 13th, the ominous calendar date that some people fear as a harbinger of ill fortune, turned out to be downright lucky for a regional program serving the elderly.

On June 13, Bobbie Napier, who directs the Council for Older Americans located on East Fifth Street, opened a letter which notified her that the Metro United Way had earmarked an emergency $10,000 grant to help pay for the transportation of elderly and handicapped in Floyd, Clark, Harrison and Scott counties.

"I just don't know what we would have done without it," Napier said. "I don't know how we would have survived.

The services of her program, like those of almost every social agency, has been whittled away by recent budget cuts further aggravated by the Gramm-Rudman bill that calls for a mandatory balancing of the federal budget.

The Council for Older Americans had already felt the increasing burden of two years without any budget increases. And despite cutbacks of services, the program, which provides essential trips for senior citizens to allow them to continue to function independently, was facing the prospect of a year-end deficit.

Since 1974, the Council for Older Americans has provided transportation of senior citizens on essential trips to doctors, dentists, groceries, Social Security and welfare offices, senior citizen centers and banks.

The persons served by the program are among the most feeble citizens who fall under the focus of Metro United Way attention. They include persons requiring cancer treatments, those needing kidney dialysis and several Alzheimer's Disease victims.

A sign posted in the vans asks riders to contribute $1 per trip if they are able to do so, and at least 75 percent of them do, according to Napier. About $18,000 was collected from these voluntary fees last year, she added.

The guidelines do not limit the transportation to the low-incomed, but most of the riders are women who can no longer drive or who never learned how.

There were 836 individuals age 60 or older served in the four counties by the program last year — 355 of them Floyd County residents. Of the 355, 177 were classified as having the greatest social need, 75 were isolated or handicapped, 213 were low income and 28 were minorities. The majority are female.

Pat Jewell, executive director of the South Central Indiana Council for the Aging and Aged, Inc., which is the provider agency for those persons served by the Council for Older Americans, was equally happy to hear about the grant.

"I was elated — really, really pleaded that the Metro United Way made our transportation a priority funding. I think we have really been hurt more than any other program by the cuts," she said.

Jewell, who has headed the agency for nine years, said that transportation needs top its list year after year.

"It is definitely the priority in our area," she said.

The Council for Older Americans operates 12 vehicles to serve the four county area, but was able to buy two new ones next year through an Urban Mass Transit grant and plans to buy three more this year using the same means. They replace the high mileage vehicles in use.

A 4.3 percent across-the-board budget slash has prompted the Napier's agency to slash its daily driver schedule from seven hours per day for drivers in 1984 to the current 3 hours per day.

Even at the reduced levels, Napier said she expected to be $23,000 in the hole at year's end if nothing was done.

"There's not much you can do if a driver is cut below three hours a day. They often have to sit in the doctors' offices and wait for the people."

She is hoping that the funding from Metro United Way will allow the hours to be increased back to four. "But we're not sure we can afford it," she said.

In the interim, the program is attempting to reschedule non-essential trips such as those to groceries or banks to another day when a van might be available. Between Oct. 1, 1985 and Feb. 28, a total for 165 requests for service have been denied, 99 of them from Floyd County residents and 81 involving medical transportation.

The $10,000 from the Metro United Way, which is a one-time emergency grant, won't "fix" things in the local transportation program for senior citizens, Napier and Jewell admit, but the money does considerably brighten what had been a steadily darkening situation.

And that is why Friday the 13th brought good news to Napier, Jewell and a lot of other persons earlier this month.

June 18, 1986

'Unique' program will aid the elderly

By PAUL SANDERS
Staff Writer

A one-of-a-kind program will soon help take care of the nutritional needs of the elderly in Southern Harrison County thanks to a group of volunteers and the non-profit South Harrison Community Development Corp. (SHCD).

"It is absolutely unique," said Connie Kitts, an assessor for the nutrition program of the South Central Indiana Council for the Aging and Aged Inc. "We have no other site in the whole state that is 100 percent volunteer."

About 16 volunteers and a six-member committee from the development group will begin operating a "congregate site" at the Elizabeth Grade School to provide one hot meal a day to the elderly. Part of the program will include taking hot meals to homebound persons unable to prepare their own meals.

The congregate site at the school would serve persons aged 60 and over a hot lunch five days a week, Kitts said. The meals would include meat, two vegetables, bread and butter, milk, orange juice and dessert. No charge would be made for the meal, but participants would be asked to donate $1 to help cover costs.

The program is coordinated through the Area 14 office of the Council for the Aging and Aged in New Albany. Similar programs in Harrison County operate in Corydon and Frenchtown, Kitts said, although the Elizabeth site is the only one which would be run solely by volunteers.

"The only reason we can open this is because of the volunteers," Kitts said. "It's great the way these people have worked together."

Although the program receives monies from state and federal sources, the Gramm-Rudman-Hollings Deficit Reduction Act has cut "very deep" into funding, Kitts said. The council currently maintains 15 congregate meal sites in

(Please turn to back page)

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, June 18, 1986

'Unique' program will aid the elderly

(Continued from front page)

Area 14, with the Elizabeth site making 16.

Barbara Luther, treasurer of SHCD, said plans for the operation began in November when a poll revealed that at least 200 elderly residents in the Posey, Webster, Taylor and Boone townships served by SHCD would be eligible for the program. The corporation felt that the school building would be an ideal place because of existing kitchen facilities.

Walter Carter, president of the development corporation, asked the South Harrison Community School Corp. Board of Trustees June 2 for permission to use the building for the nutrition program. At that time some board members balked because the school corporation is currently seeking to get title to the property.

Students attended the last classes at the grade school in May. Next fall, Elizabeth grade students will join those from Laconia at the new South Central Elementary School. The school, located in the old South Central Junior-Senior High School, sits adjacent to the new high school building, completed in January.

Carter argued that the school board had granted permission for other activities in the building through the month of July. He told the board that the program could be out of the building "within 24 hours," if necessary. In response to charges that the program would be "an added expense" to the school corporation, a frustrated Carter told the board "we will assume responsibility for what we do and what we use."

The board chose to take the proposal under consideration until the next board meeting.

At the meeting Monday night, the board unanimously voted to allow the corporation to use the building, once a contract is drawn up between attorneys for the board and SHCD.

Jackie Carter, a volunteer for the nutrition program, said the site in Elizabeth would begin serving the end of July. The program is still looking for volunteers willing to manage the daily operation, she said.

The Evening News, Jeffersonville, Ind., Wednesday, March 26, 1986

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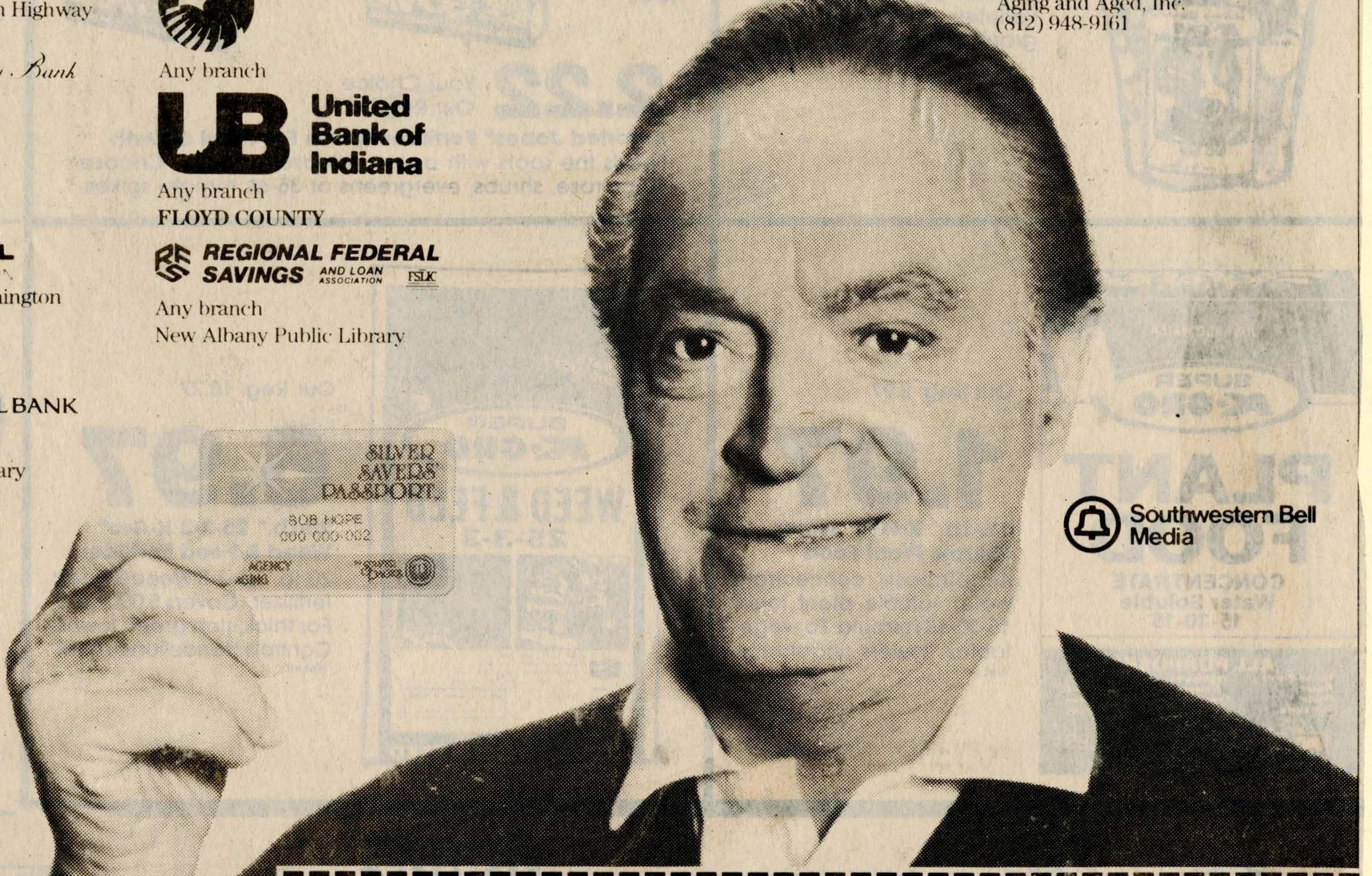
Scottsburg, IN

Jennings Township Senior Citizen Center
92 Broadway
Austin, IN

HARRISON COUNTY
Corydon Senior Citizen Center
123 Mulberry Street
Corydon

For other locations in these **Indiana** counties contact:

So. Central Indiana Council for the Aging and Aged, Inc.
(812) 948-9161



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The Clark County Journal, Jeffersonville, Ind., Wednesday, April 23, 1986

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THE INDIANA WEEKLY, WEDNESDAY/THURSDAY, MAY 14/15, 1986

Special Events

The search is on for the Area 14 Senior Queen — a program, sponsored by the South Central Indiana Council for the Aging and Aged, which honors a senior citizen for service to family, church and community.

Civic organizations and clubs are invited to sponsor an individual. The competition is open to any female 65 or older who resides in Clark, Floyd, Harrison or Scott counties.

Candidates will be judged on personality, civic contributions and a question-answer session. The queen will be crowned June 11.

The woman chosen will compete with 15 queens from other areas at the Indiana State Fair for the title of Indiana Senior Queen. In addition to the state contest, the Area 14 Queen also will participate in Harvest Homecoming, serve as hostess at agency functions and become a representative at several conferences.

For more information or to receive an application, call 948-8330. The deadline is Monday.

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4 The Clark County Journal, Jeffersonville, Ind., Wednesday, May 7, 1986

Staff photo by Carolyn Sorg

TALKING ABOUT THE program for the evening, a legislative seminar, at the Ken Ellis Building are, from left, Thelma Bertrand, chairperson, Cy Gunn, legislative liaison, guest speaker, and Patricia Jewell, executive director. The seminar was hosted by the South Central Indiana Council for the Aging and Aged.

The Tribune,
New Albany, Ind.,
Monday, May 12, 1986

CENTENARIANS HONORED — As part of Older Americans Month the South Central Council for the Aging and Aged, Inc. hosted a luncheon in honor of nine centenarians in Floyd County. Mayor Charles Hunter presented each with awards from the city plus awards sent down from Governor Robert Orr. Only one of the nine was able to attend the luncheon held at the Mark Elrod Towers however the other eight were represented by family or Nursing home representatives. Mayor Hunter presents Eva Banet with her awards and has brief chat with her. Those others who were honored included: Lillian Stein, Ida Hoehm, Thomas Beaty, Pearl Wright, Della Hanlon, Amelia Crandall, Eva Eckerty, and Emma Jennings.

The Evening News, Jeffersonville, Ind., Thursday, June 26, 1986 A5

United Way announces agency funding levels

The United Way of Clark County board of directors has approved a $650,000 goal for the 1986 campaign.

President Ray Beaufait, CommerceAmerica Banking Co., commented that this is a 7 percent increase over last year's goal. He said the goal is based upon the needs of the agencies which will be the recipients of the monies raised in the fall campaign.

The needs of the agencies are reviewed by 38 members of the allocation and review committee which is co-chaired by Dale Yost, Peat, Marwick, Mitchell & Co., and Gene Hensley, CommerceAmerica Banking Co. These volunteers discuss requests made by the agencies and then submit their recommendations to the board of directors for approval.

Beaufait announced that special allocations have been made to two non-member organizations — Providence Day Care Program for the Elderly — $3,000, and Hedden House — $3,000. These allocations were made following a report by William Shrewsberry, Indiana Bell, and chairman of the admission committee, after he and his committee members interviewed representatives of the organizations.

Allocations to member agencies for 1987 are: American Red Cross, Clark County Chapter — $85,122; Arthritis Foundation — $4,550; Big Brothers-Big Sisters of Kentuckiana — $7,700; Boy Scouts of America, George Rogers Clark Area Council

See "United Way"
back page, section "A"

• United Way funding set

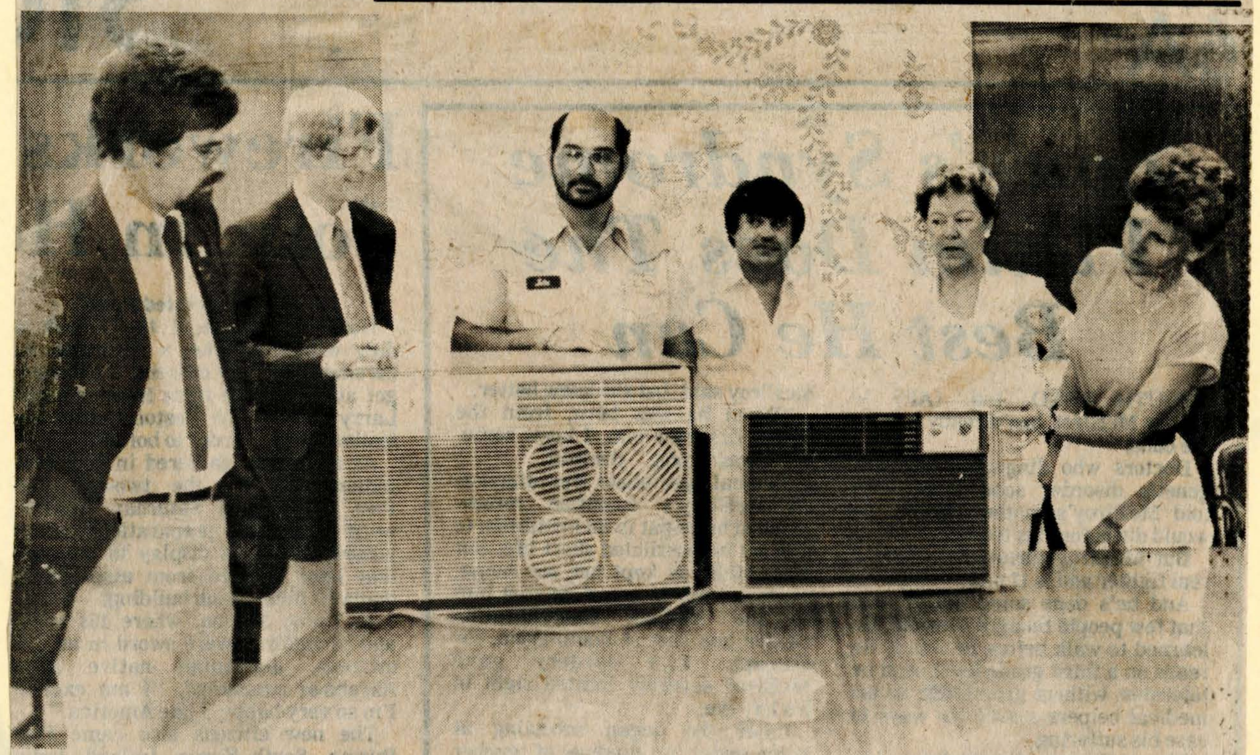
(Continued From Page 1)

— $52,500; Center for Lay Ministries — $12,500; Clark County Help Line — $2,000; Clifford Graves YMCA — $40,000; Hospice of Southern Indiana — $29,000; Ken Ellis Center — $9,000; and Kentuckiana Girl Scout Council — $13,650.

Also, Mental Health Assn., Clark County Chapter — $8,500; New Hope Services — $82,500; Personal Counseling Service — $22,000; Retired Senior Volunteer Program (R.S.V.P.) — $6,500; Rehabilitation Center & Goodwill Industries of Southeastern Indiana — $125,000; Salvation Army — $4,100; United Cerebral Palsy K.I.D.S. Center — $7,500; *Visiting Nurses Association* of Southeastern Indiana — $40,000; and YWCA Spouse Abuse Center — $19,159.

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, July 6, 1986

5A



KEEPING A COOL APPROACH — This is the third year Mayor Charles Hunter, with the cooperation of local businessmen, has made available air conditioners for the elderly, sick and needy to the Allied Seasonal Assistance Program. This year reconditioned air conditioners were donated by the New Albany Heating and Air Conditioning and electrical company. Checking out the donated units from left, Woody Miller, Red Cross; Mayor Hunter, John Prow, Lamar Dowell, New Albany Heating; Mary Ann Carnighan, Family Sewrvice Bureau, and Pat Jewell, Council for the Aging. Anyone wanting information on the assistance program can call 944-6120.

(Tribune Photo by Don Beck)

July, 1986

Our Readers Write

Senior Riders Needs Assistance

Dear Editor,

I'm writing in behalf of the senior citizen transportation. They are helping a lot of people like me.

They are in real financial trouble because of government cutbacks. Instead of full-time which they once had, they are now cut back to three hours per day and have had to turn away over a hundred of us older folk who needed transportation to the doctor's office and grocery stores.

They will have to have $5,000 by the end of this year in order to meet the deficit, even after receiving some money from the Metro United Way.

I'm appealing to the senior citizens of this area who have been helped by the service to now help them. I'm also asking our churches to pray and help us.

If we all do whatever we can to help and pray at this time, senior citizen organizations will be able to continue their service to us.

Any contribution should be mailed or brought to the Council for Older Americans, 317 E. Fifth St., and checks should be made out to the same in care of Bobbier Napier, 948-9701, who will also answer any questions.

This is a worthy cause. And with the help of the Lord and our citizens, we can raise the $5,000.

Mrs. Virginia Cobb,
New Albany

The Evening News, Jeffersonville, Ind., Saturday, July 12, 1986

Staff photo by Marie Harper

SENIOR CITIZENS at the Ken Ellis Center celebrated the Fourth of July holiday. On stage are, from left, Michelle Rickman, Bessie Walls, and Rachel Smith as the Statue of Liberty.

THE BANNER-GAZETTE, Wednesday, May 7, 1986

Agency on Aging seeks candidates for senior queen

The annual search has begun for a deserving senior woman to be senior queen for Area 14 Agency on Aging. Civic organizations and clubs are urged to sponsor an individual for this honor.

The award is offered to any woman 65 years of age or older, residing in Clark, Floyd, Harrison, or Scott Counties, and having a record of service to her family, church and community. The candidates are judged on personality, civic contributions, and a question-answer session. The award will be given on June 11.

The woman chosen to represent Area 14 will compete with 15 other area queens at the Indiana State Fair for the title of Indiana Senior Queen. In addition to competing in the state contest, the Area 14 Senior Queen participants in Harvest Homecoming, serves as hostess at various agency functions, and becomes a representative to several conferences.

The 1985 Area 14 Senior Queen, Ruth Bledsoe, placed first runner-up in the state contest.

For further information and an application, call 948-8330. The deadline for entering is Monday, May 19. The award is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc.

THE COURIER-JOURNAL, FRIDAY, MAY 9, 1986

HOOSIER NOTEBOOK

Area 14 of the South Central Indiana Council for the Aging & Aged Inc. is accepting applications for the senior queen contest.

Competition is open to women 65 or older who live in Clark, Floyd, Harrison or Scott counties. Candidates are judged on personality, civic contributions and a question-answer session.

The award will be given on June 11 and the winner will represent Area 14 in the Indiana Senior Queen contest at the state fair. The queen participates in New Albany Harvest Homecoming activities.

Civic organizations and clubs are invited to sponsor contestants. The deadline for entering is May 19. For additional information, call 948-8330.

The Tribune,
New Albany, Ind.,
Tuesday, July 8, 1986

Ken Ellis Center Plans Cruise, Picnic

This month's activities at the Ken Ellis Senior Citizens Center in Jeffersonville will include a cruise on the Ohio River and an old fashion picnic.

The cruise on the Belle of Louisville will be at 8 a.m. July 14 and will be followed by dinner at Po Folks restaurant.

The old fashion picnic will be July 17 from 10 a.m. to 2 p.m. at Community Park. All senior citizens are invited to bring a covered dish and table service. There will be an old fashion clothing contest.

Other activities scheduled for July include exercise classes, bingo and assorted crafts.

The center at 211 Martin Circle in Jeffersonville is sponsored by the South Central Indiana Council for the Aged and Aging for persons 60 and older.

Nutrition Center Opens For Elderly In Elizabeth

7/17/86

The South Central Indiana Council for the Aging and Aged, Inc. in conjunction with the South Harrison Community Development Corporation, opened the Senior Citizens Nutrition program this week.

The nutrition site will be open Monday through Friday, 9 a.m. to 2 p.m., and will provide noon lunches in a congregate setting for those seniors who are socially active, and home delivered lunches to those who are confined and unable to prepare their own meals.

The nutrition site will operate with three goals in mind: to generally help all senior citizens in the community; to provide the congregate and home delivered meals, recreation, fellowship, education and information; along with any other service that may be needed to enahnce an older person's life.

According to Angela Ashton, nutrition director, expanding the nutrition program seemed impossible since aging programs are receiving less federal dollars, which forces the agency to struggle to maintain current level services.

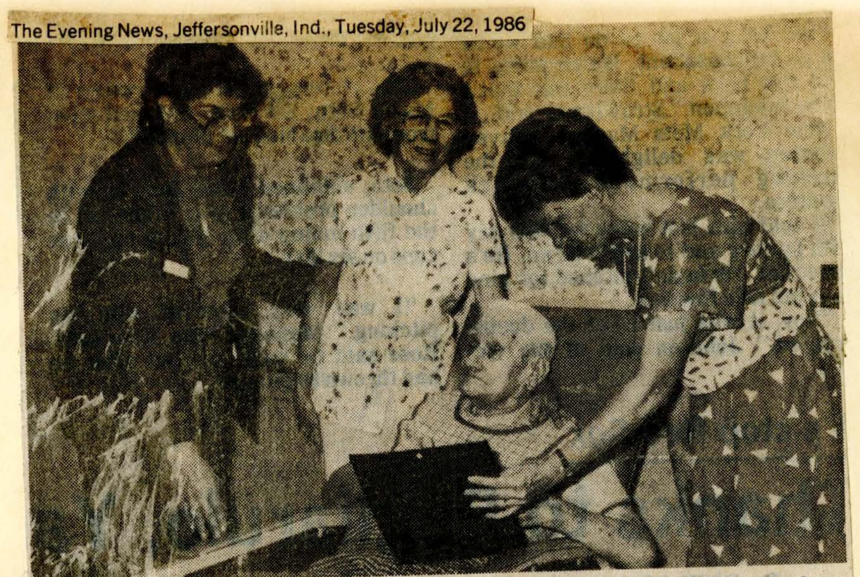
Through the efforts of the South Harrison Community Development Corporation the program established in Elizabeth will be totally "volunteer", including a volunteer site manager, drivers to deliver the meals to the confined, and an assessor who will determine eligibility. The facility and utilities for the site will also be donated.

Although the Council for the Aging will encounter some expenses, officials say the cost will be far less than the other 15 nutrition sites operated by the agency. However, it will take an ongoing commitment from the volunteers to secure the services for the elderly in south Harrison County.

All senior citizens (60 and older) are invited to the official grand opening of the nutrition site July 28 at noon. Reservations must be made no later than July 25, 1 p.m. by calling 969-2544.

The nutrition site is located at the Elizabeth Grade School on Hwy. 11N.

The Evening News, Jeffersonville, Ind., Tuesday, July 22, 1986



Staff photo by Carolyn Sorg

RECEIVING A CENTURY CLUB AWARD is Ottis Burge, sitting, from Governor Robert Orr and the Indiana Council of the Aging and Aged. From left is Dorothy Manns, administrator of Clarksville Healthcare Center, Marion Eversoll, daughter, and Pat Jewell, executive director of the Council for the Aged and Aging.

Heat across region leads to death of two teen-agers from Indiana

By GREG OTOLSKI
Staff Writer

The regional heat wave apparently has claimed the lives of two Indiana teen-agers — a 16-year-old Vincennes girl who died while working in a tin-roofed building in Brown County, and a Parke County boy who died in Illinois, authorities said.

The body of Rachel Snider was found about 4 p.m. Wednesday upstairs in a craft building at Camp Palawapec in east-central Brown County.

The girl, who had been a counselor at the camp for three years, was found by her brother, Will, who is also a counselor.

The Brown County coroner, Dr. Tim Alward, said the preliminary cause of death was heat stroke. He said the temperature in the building would have been hotter than the outside reading, which was in the middle to upper 90s.

Robert Frink, 19, of Montezuma, Ind., was removing corn tassels in a field in Marshall, Ill., when he became separated from the crew, authorities said. He lost his way in the field and died from heat exhaustion, officials said.

Sixty-five Indiana National Guard members have also been treated for heat-related ailments during the past two days while training at Camp Atterbury near Edinburgh, a military spokeswoman said. None of the cases was serious, she said.

None of the hospitals in Clark or Floyd counties has reported treating anyone for heat-related problems, but Floyd Memorial Hospital at 1550 State St. in New Albany plans to open a heat-relief center from 6:30 a.m. to 6 p.m. tomorrow and Sunday.

"Anyone who wants to get out of the heat can come to the hospital and we'll have signs directing them where to go," said Neal Smith, director of public relations. "We'll also have lemonade and water for them."

The heat wave has dried up the supply of air conditioners and fans that social-service agencies and volunteer groups have to lend. The agencies are placing people on waiting lists, which are expected to grow in the next few days as daily high temperatures are forecast to continue in the upper 90s.

"This weekend is what scares us," said Mary Ann Carnighan, executive director of the Family Services Bureau in New Albany. "I've seen some people come in here in the last few days to fill out applications, and I get worried about whether or not they'll be able to make it back to their car."

Family Services Bureau, the Southern Indiana Council for the Aging and the American Red Cross are sponsors of the Allied Seasonal Assistance Program, which serves Floyd County residents.

"We've met a lot of needs in the past week," Ms. Carnighan said, noting that the program has already lent its 36 air conditioners and 26 fans. In addition to starting a waiting list, she said, the program is trying to buy more air conditioners and fans.

Ms. Carnighan said air conditioners are only being given to people with medical problems such as respiratory and heart-related illnesses. She said they must provide a medical statement from a physician

See HOOSIER
PAGE 6, col. 1, this section

Where to go to get help

Applications for the loan or donation of fans and air conditioners can be made at these agencies:

Floyd County — The Family Services Bureau, 117 E. Market St., New Albany. Call 944-6120 for information. There is also the American Red Cross, also at 117 E. Market St., 944-6741.

Clark County — Hoosier Valley Economic Opportunity Corp., 510 Spring St. Call 283-4128 for information.

Harrison County — Hoosier Valley Community Services, 101 S. Capital, Corydon. Call 738-8143 for information.

Elderly residents of Clark, Floyd, Scott and Harrison counties — The Southern Indiana Council for the Aging, 134 E. Main St., New Albany. Call 948-9161 for information.

THE COURIER-JOURNAL, FRIDAY, JULY 18, 1986

Hoosier teen-agers die in heat wave that grips region

Continued from Page One

when filing an application.

"If people really need an air conditioner or fan, they should still fill out an application," Ms. Carnighan said. "If someone is in really dire need, we're not going to let them go without. We'll find some way to help them."

The situation is almost identical at the Hoosier Valley Economic Opportunity Corp. in Clark County, which began taking applications after lending its 44 fans and 12 air conditioners, said Barb Anderson, the community services director.

"We have people on a waiting list and we're getting more calls every day," she said. "We desperately need an air conditioner for a man in Charlestown who has a heart condition."

The Council for the Aging, which is in New Albany, is in the same shape, Executive Director Pat Jewell said. The council assists elderly residents of Harrison and Scott counties as well as those in Clark and Floyd.

Its 35 fans and 12 air conditioners are already on loan and, while the agency bought four more fans yesterday, three people were already waiting for them. Four people in Clark County are waiting for air conditioners, she said.

Those four "really need them bad," Ms. Jewell said. "Most of them have heart problems. ... We're hoping somebody will donate money or some air conditioners and fans to us."

Ms. Jewell said she has been meeting with other agency directors in Clark County and is trying to organize a countywide assistance program similar to Floyd County's Allied Seasonal Assistance Program.

Hoosier Valley Community Services in Harrison County is trying to limit its waiting list to the elderly and handicapped, having already lent its one air conditioner and 10 fans, Director Geneva Sams said. The agency is also trying to get donations to buy more equipment, she said.

Some people chose to fight yesterday's heat and humidity at Polly's Freeze, an ice-cream stand on IND 62 about five miles west of New Albany that is known for its soft ice cream and thick milkshakes.

Owner Donna Eisert said people have been lining up every evening for ice-cream cones, shakes and banana splits. They sell about 2,000 milkshakes a week in the summer, she said.

"They want something cool. You can see it in their faces," she said.

There are only two things to do on a day like yesterday, said Roger Ehalt of Elizabeth: Go to Polly's Freeze for lemon sherbet or go swimming.

The heat that settled over the region Tuesday will linger at least until Sunday, according to the National Weather Service office at Standiford Field in Louisville.

THE BANNER-GAZETTE, Wednesday, July 23, 1986

Area 14 seeks nominees for Older Hoosier Award

The South Central Indiana Council for the Aging & Aged, Inc. is now accepting applications for the 1986 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service.

The Area 14 winner will compete for the 14th annual state Older Hoosier of the Year Award, which is the highest honor bestowed on a senior by the Indiana Department on Aging and Community Services.

The person selected for the local award must be 65 years of age or older, reside in Clark, Floyd, Harrison, or Scott County, and have a record of community service. The following criteria will be used to make the selection: achievements after age 60; achievements prior to age 60; involvements in aging programs during the last year, and accomplishments related to aging programs prior to age 60.

Past winners of the local award include Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe, John Brogan and Mildred Sanders.

For further information and an application, contact the Council for the Aging at 948-8330. Deadline for applications is Aug. 15, 1986.

The Evening News, Jeffersonville, Ind., Tuesday, July 29, 1986

Area senior citizens day set at Indiana State Fair

The South Central Indiana Council for the Aging & Aged, Inc., announces Area 14 Day at the Indiana State Fair on Saturday, August 23. Local musicians will be providing the entertainment on that day in the Senior Citizens Building.

All people 60 years and older and residents of Clark, Floyd, Harrison, and Scott Counties are invited to travel with the council to Indianapolis to the state fair and then to the Music Palace, which features a Wurlitzer theatre pipe organ.

An air conditioned bus will leave various pick-up points at 8:30 a.m. (EDT) and will return at approximatley 6:30 p.m. (EDT). The trip fee is $13 and includes transporation and ticket into the fair; it does not include meals. The trip fee will be accepted at the main office, 134 E. Main Street, New Albany, on August 1, 4, and 5. The fee cannot be refunded. For reservations or further information, call 948-8330.

Meal programs provide nutrition, cheer for elderly

Courier Journal - INDIANA 7/21/86

By JUDITH EGERTON
Staff Writer

ELIZABETH, Ind. — Retired farmer Oscar Payton stood outside his frame house on Black Chapel Road in Harrison County last week and beamed at the news that he'll soon receive five hot meals a week.

"I'm thrilled over it. I just don't have the strength to do everything that needs to be done," said the 75-year-old Payton, who suffers from severe bronchitis and recently had stomach surgery.

He eats three meals a day, mostly canned foods, but he described his cooking technique as "about halfway."

The meals, provided by the South Central Indiana Council for Aging and Aged Inc., will be delivered by volunteers from the Elizabeth area to about 15 homebound elderly people beginning next Monday.

About 35 other elderly residents of Posey, Boone, Taylor and Webster townships will be served lunch each weekday at the former Elizabeth Elementary School.

Angela Ashton, the council's nutrition director, said last week that the agency already serves about 800 meals each weekday to the elderly in four counties — Floyd, Clark, Scott and Harrison. Of that number, about 300 are delivered directly to the homebound, who also receive box lunches on holidays.

The new program in Elizabeth is unique, Ms. Ashton said, because it is an all-volunteer operation. There is no paid staff, and use of the grade school is donated, she said.

Ms. Ashton credited Elizabeth resident Walter Carter, president and founder of the non-profit South Harrison Community Development Corp., with organizing the volunteers.

Carter said the meal service not only will provide nutrition but also will give the elderly a chance to socialize.

For many people confined to their home by illness or lack of transportation, the volunteer delivering meals may be the only person they talk to during the day, Ms. Ashton said.

"It reassures them that someone is checking on them," she said.

Payton's brother looks in on him occasionally. But when asked if he had many visitors, he said, "Scarcely any at all."

"All my old cronies and people I used to work with are all gone now," he said. "I'd like to have someone to talk to once or twice a week."

Julia Boman, a charming 86-year-old great-grandmother, has plenty of visitors, she said. Cooking is her problem.

Diabetes and arthritis prevent her from standing. Her doctor has warned her not to cook for fear she will burn herself. Her daughter and grandchildren bring in meals but a recent illness in their family makes it difficult for them, Mrs. Boman said.

She's eager for the program to start and plans to "pay my share" by contributing 75 cents to the council for each meal.

The meals cost the agency $3.26 each, which includes all administrative and transportation costs. They are prepared by Kentuckiana Food Services in Louisville. The meals are bought with federal funds and contributions and are free to the elderly. But Ms. Ashton said the council suggests recipients who are able to contribute donate about $1 per meal because the money helps provide more meals.

Each meal consists of meat and two vegetables, and is low in sugar, salt and fat, Ms. Ashton said.

"They're prepared well and they're tasty. Our standards are very high," she said.

For others, the lunches at the school mean opportunities to socialize, which can ease depression caused by loneliness, Ms. Ashton said.

The council also plans to provide blood-pressure, glaucoma and blood-sugar testing at the school.

Wednesday, July 23, 1986, THE CORYDON DEMOCRAT, Corydon, Ind.

Rachel Faith is 103 and still singing

BY JACK MILLER

When Rachel Faith speaks from experience, she speaks with authority. Rachel reached her 103rd birthday on April 29.

To put that longevity into perspective, just think of everything that has happened in her lifetime: the discovery of the light bulb, the inventions of radio, telephone, television, airplanes, spaceships, as well as tremendous advances in medicine and other sciences.

During her life span, 20 men have been president. America has been in two world wars, plus Korea and Vietnam. The list goes on and on.

Rachel was born April 19, 1883, in Harrison County, she said, with vigor and pride. "Yes sir, I was born down near Mauckport." She was the sixth of 11 children born to Anna and George Frakes. Her six brothers and four sisters are deceased.

Rachel, who lives at the Corydon Nursing Home, enjoys visits from church groups that come to sing. Sharon Stilger, social director, said Rachel likes to sing "When They Ring the Golden Bells."

In her room one day last week, Rachel vowed: "I'm not singing, I'm just talking a little. That's all I do. I haven't got anything else to do."

She also listens to radio. She's legally blind, but that doesn't stop her from listening to television. "I reckon I'm doing very well according to my age."

Rachel attended Lopp School and and Pleasant Grove School, which were near Mauckport, and has an eighth-grade education.

On Nov. 10, 1910, Rachel married Artie Lee Faith. They had one child, William Floyd Faith. Artie died in 1961; William in 1983. Rachel has two grandchildren and four great-grandchildren.

Rachel has spent most of her life as a homemaker. She never worked outside of the home. Her only hobby was making quilt tops and piecing them together, and she did that until she was almost 80.

Rachel lived in Mauckport until she fell and broke her hip at age 95. Then, following a stay in the hospital, she was admitted to the Corydon Nursing Home in October 1977, and it has been her home since that time.

Even with her blindness, Rachel can see shadows. And she is well enough to complain about the food at the nursing home — mostly that she doesn't get as many "sweets" as she wants.

"She loves her sweets," said Donna Whistler, director of nursing. "We have to give her what is good for her, not what she wants."

Rachel's daughter-in-law, Opal Faith, described Rachel as a picky eater. "The only meats she'll eat are chicken and pork."

Although Rachel's memory fades at times, she recalls events from her childhood vividly.

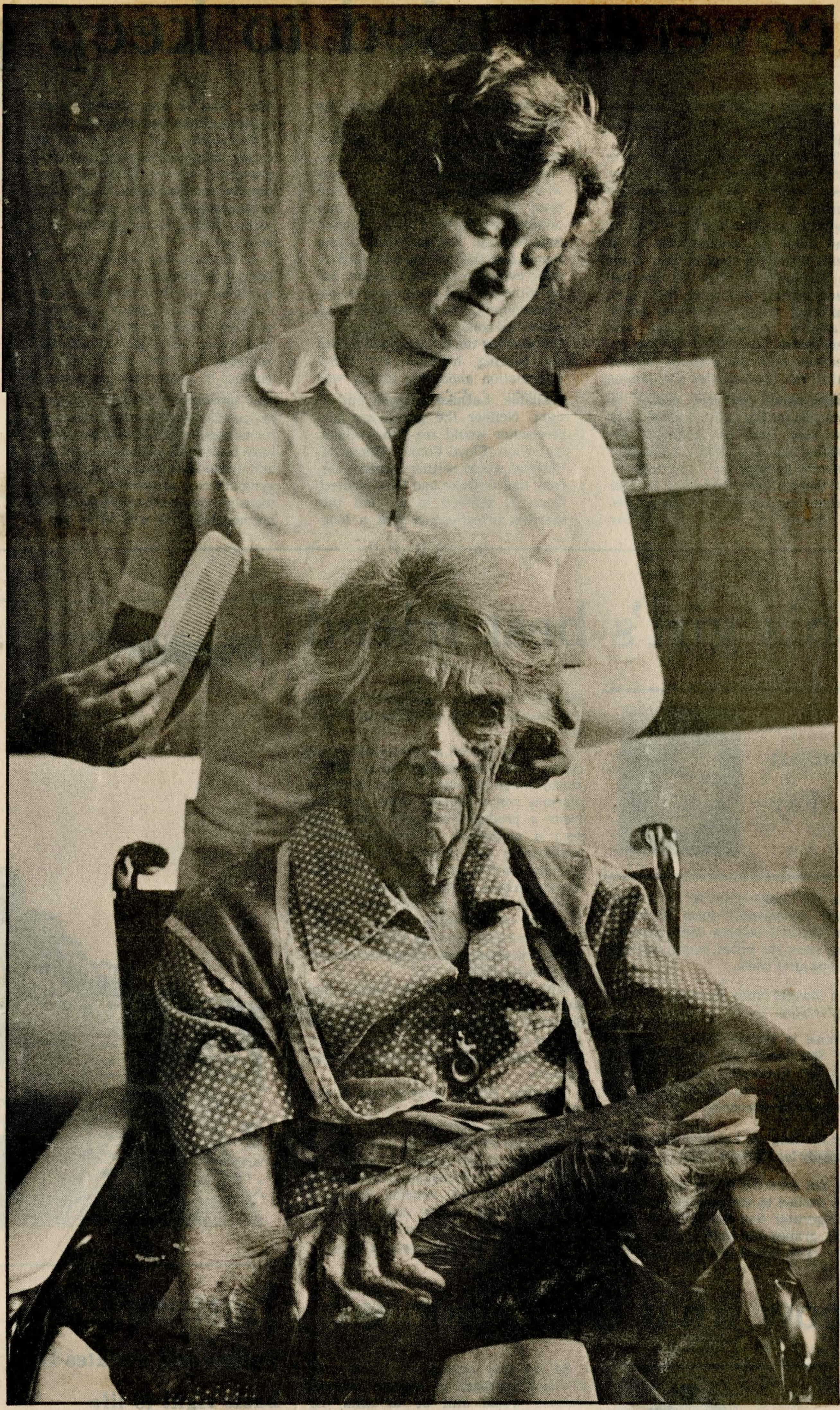
Her father, she said, fought in Sherman's Army. "He was only 16 when he volunteered," she said. George enlisted in the Army during the Civil War and was a private in Company B, 38th Indiana Infantry.

President William McKinley, a Republican, is the first president she remembers. (McKinley was elected in 1896 and again in 1900. He died from an assassin's bullet in September 1901.)

Rachel said a neighboring couple actually had a "parting of ways" when he was elected over Democratic candidate William J. Bryan. "She was for McKinley and he wasn't," Rachel said. "And he put her out, and they never did get back together."

Rachel doesn't know why she has lived such a long life. However, she does have some clues. "I never smoked, drank or swore," she declared. "When I was five I mocked my cousin (who was swearing), and my dad took a tender switch to me, and I never forgot it."

She was scheduled to receive a Century Club Award on Monday signed by Gov. Robert D. Orr. It is to be presented by Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged Inc.



Nurses's aide Sandra Barnes combs Rachel Faith's hair.

Randy West

7/30/86

Page 8 — THE CORYDON DEMOCRA

Senior citizens' day at state fair will be Aug. 23

The South Central Indiana Council for the Aging and Aged Inc. has announced that Area 14 Day at the Indiana State Fair will be Saturday, Aug. 23. Local musicians will provide entertainment on that day in the Senior Citizens Building.

All people 60 years and older and residents of Clark, Floyd, Harrison and Scott counties are invited to travel with the council to Indianapolis to the state fair and then to the Music Palace, which features a Wurlitzer theatre pipe organ.

An air-conditioned bus will leave various pick-up points at 8:30 a.m. (EDT) and return at approximately 6:30 p.m. (EDT). The trip fee is $13 and includes transportation and ticket into the fair. It does not include meals. The trip fee will be accepted at the South Central Council's main office, 134 E. Main Street, New Albany, on Aug. 1, 4 and 5. The fee cannot be refunded. For reservations or further information, call 948-8330.

The Evening News, Jeffersonville, Ind., Thursday, May 1, 1986

A search for senior queen is underway

The annual search for a deserving senior lady to be Area 14's Senior Queen has begun. Civic organizations and clubs are urged to sponsor an individual for this honor.

The award is opened to any lady 65 years of age or older, residing in Clark, Floyd, Harrison, or Scott County, and having a record of service to her family, church, and community. The candidates are judged on personality, civic contributions, and a question-answer session. The award will be given on June 11.

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For further information and an application, call 948-8330. The deadline for entering is May 19. The award is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc.

The Evening News, Jeffersonville, Ind., Friday, July 18, 1986

New sight to begin elderly lunch program

The South Harrison Community Development Corporation and the South Central Indiana Council for the Aging and Aged, Inc. extends an invitation to all senior citizens sixty (60) years of age or older to attend the grand opening of the nutrition site located at Elizabeth Grade School Hwy. 11N, on July 28, 1986, 12 noon. Reservations must be made no later than July 25, 1986, 1 p.m. by calling 969-2544.

The nutrition site will be open Monday through Friday 9 a.m.-2 p.m., and will provide noon lunches in a congregate setting for those seniors who are socially active and home delivered lunches to those who are confined and unable to prepare their own meals. The sight opened July 15. The nutrition site will operate with three goals in mind: to generally help all senior citizens in the community, to provide the congregate and home delivered meals, recreation, fellowship, education and information, along with any other service that may be needed to enhance an older persons life.

According to Angela Ashton, nutrition director, expanding the nutrition program seemed impossible since aging programs are receiving less federal dollars we are striving just to maintain our current level of service. Through the efforts of the South Harrison Community Development Corporation the program established in Elizabeth will be totally "volunteer," including a volunteer site manager, drivers to deliver meals to the confined, and an assessor who will determine eligibility. The facility and utilites for the site will also be donated. Although the Council for the Aging will encounter some expenses the cost will be far less than the other 15 nutrition sites operated by the agency. However, it will take an on-going commitment from the volunteers to secure the services for the elderly in South Harrison County.

The Evening News, Jeffersonville, Ind., Saturday, July 12, 1986

Staff photo by Carolyn Sorg

AMY BAIRD, 101 years old, receives Century Club Award from Pat Jewell, Executive Director for Aging and Aged.

The Tribune, New Albany, Ind., Tuesday, July 29, 1986

TASTEFUL GRAND OPENING — These ladies prepare the meal for the official grand opening Tuesday of the new nutrition center in Elizabeth. Filling the plates for the lunch are, from left, Eloise Wilfong, Hallie Paschal and Sandra Kirsteatler. The South Central Indiana Council for the Aging and Aged, Inc. in conjunction with the South Harrison Community Development Corporation, opened the Senior Citizens Nutrition program earlier this month. The nutrition site, located at the Elizabeth Grade School on Hwy. 11N, will be open Monday through Friday, 9 a.m. to 2 p.m., and will provide noon lunches for those seniors who are socially active, and home-delivered lunches to those who are confined and unable to prepare their own meals.

(Tribune Photo By Chris Morris)

The Evening News, Jeffersonville, Ind., Friday, May 2, 1986

Older Americans Month is being observed

A special awards ceremony and a tour of renovated Union Station in Indianapolis on Thursday, May 1, will signal the start of Older Americans Month in Indiana.

"The month of May has been designated as Older Americans Month," said Indiana Governor Robert D. Orr. "This year, we're focusing our attention on the health and happiness of our maturing population. I encourage all Hoosiers to assist our older citizens to achieve a greater measure of health, strength and dignity," the governor added.

Older Hoosiers from across the state will gather at 9:30 a.m. May 1 in the State Capitol Rotunda for the 1986 program that opens Older Americans Month. During the program, Governor Orr will sign a proclamation, designating May as Older Americans Month.

In addition, Hoosiers reaching the age of 100 will be recognized by the Governor during a special awards ceremony, according to Jean Merritt, Executive Director of the Indiana Department on Aging and Community Services.

"Since this year's national campaign of 'Have Your Health and Have Everything' reinforces our state's effort to promote health among senior citizens, we want to publicly recognize those who have reached the age of 100 or more," Mrs. Merritt said.

After the program in the State Capitol Rotunda, participants will be invited to walk to Union Station for a tour of the remodeled facility, Mrs. Merritt said. Persons unable to walk will be provided a ride on the Metro Trolley shuttle to and from Union Station.

A jazz band from New Orleans will provide entertainment during the tour. Persons participating may stay for lunch at one of the many restaurants in Union Station.

The Evening News, Jeffersonville, Ind., Friday, July 18, 1986

Applications being accepted for Older Hoosier Award

The South Central Indiana Council for the Aging & Aged, Inc., is now accepting applications for the 1986 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier for a lfietime of service to the community and to encourage continued service.

The Area 14 winner will become an applicant in the fourteenth annual state Older Hoosier of the Year Award, which is the highest honor bestowed on a senior by the Indiana Department on Aging and Community Services.

The person selected for the local award must be 65 years of age or older, reside in Clark, Floyd, Harrison, or Scott County, and have a record of community service. The following criteria will be used to make the selection: achievements after age 60; achievements prior to age 60; involvements in aging programs during the last year; accomplishments related to aging programs prior to age 60.

Past winners of the local award include Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe, John Brogan, and Mildren Sanders.

For further information and an application, contact the Council for the Aging at 948-8330. Deadline for applications is August 15, 1986.

The Evening News, Jeffersonville, Ind., Tuesday, July 15, 1986

Staff photo by Diana Pacey

NANCY SHINER, LEFT, program developer for the Council for the Aging and Aged presents William Winburn with a certificate from Gov. Robert Orr and the Indiana Department of the Aging and Community Services placing him in the Century Club. Pictured with him are his wife, Carrye, and their great-grandson, Roy Allen Woolfork.

8-28-86

Local agency receives funds

The Indiana Department of Transportation announces the award of $723,650 to purchase vehicles for the transportation of the elderly and disabled. Eighty percent of this project is financed by the Urban Mass Transportation Section 16(b)2 Program. The remainder is provided by the Grant recipients. Nineteen Indiana social service agencies will be receiving a total of 22 vans, 10 buses and related communication equipment by the summer of 1987. These vehicles will join the 357 vehicles that have been awarded to 93 social service agencies by the State of Indiana during the eleven years of this program's existence.

The Department received 65 applications for funding this year. The agencies selected for funding in this area were as follows:

Council for Older Americans in Floyd, Scott, Clark and Harrison Counties.

The Evening News, Jeffersonville, Ind., Monday, Aug. 4, 1986

Senior citizens plan August events

August is state fair time for seniors and the Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville.

They will be going to the Kentucky State Fair, Tuesday, August 19 at 10 a.m. and return to the center at 3 p.m. Cost for the trip is $2 and reservation must be turned in by calling Sue Johnson at 283-7356. Saturday August 23, Area 14 will be traveling to the Indiana State Fair, Indianapolis, and to the Music Palace. Cost for the trip is $13 and money must be paid to Nancy Shiner in advance.

We wish to thank Noble Romans Pizza for coming to the center to demostrate pizza making and giving samples to the seniors and to the children of the Jeffersonville Park Department. Jeffersonville Park Department also put on a fine bingo for the seniors.

Tuesday, August 12, crafts and activities will be at Claysburg Towers dining room with games at 1 p.m. A nutritional meal will be served and reservations must be turned in by noon Monday, August 11.

Monday, August 18, a free blood sugar test will be offered at 11 a.m. at the center.

August monthly dinner will be at the River City Park. We will have a picnic and everyone is to bring a covered dish. Please bring your own table service. We will have a baby picture contest so everyone is asked to bring a baby picture of themselves. Entertainment will be by the Providence Players.

Much thanks to Elizabeth Alexander who has donated a handmade sweater for our Harvest Homecoming booth in October. Seniors have many activities each day and busy making many items. Our center is sponsored by the South Central Indiana Council for the Aging and Aged, Inc.

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Clark County United Way

Campaign 1986

THE SYMBOL SAYS IT ALL

You've seen this symbol at health agencies, day care facilities, neighborhood centers and on all United Way posters and publications.

But did you know the symbol's very simple, yet universal, message?

Girl Scouting has been a way of life for many years

HUG A
GIRL SCOUT

THE BEST part is the fun for Girl Scouts learning to balance on the Adventure Program equipment at Camp Stem and Shantituck.

Girl Scouting is a way of life — a program to mobilize parents, neighborhood residents, community leaders and organizations to develop personal fitness in girls.

The Council administration office of the local Girl Scout organization is located at 730 W. Main Street in Louisville. The Council serves 56 counties in Kentucky and Southern Indiana. It was allocated $13,000 from the Clark County United Way this year; next year, the allocation will be $650 more.

One special part of the Girl Scout program is the Daisy Scouts, consisting of five-year-olds. Why is it offered?

Girls are exposed to the world outside their homes at a much earlier age. Eighty-five percent of five-year-old children in this country spend part of the day in pre-primary school. Television, travel, participation in play groups and other early childhood experiences outside the family also make a great difference in their lives.

Changing lifestyles — the single parent, working mothers, the increasing divorce rate — have intensified the need for serving five-year-olds.

Socialization and development of values begin at an early age and can be fostered by a caring adult in a positive environment. Five-year-old girls are ready for the group experience Girl Scouts offer — interaction with adults and peers in a constructive atmosphere of learning, doing and playing.

After over a decade of research, pilot projects and analysis of environmental and social trends, Girl Scouts of the USA decided, in November 1983 to add another age level to its membership. This decision was made so that Girl Scouting may continue to respond, as it has for over 70 years, to the changing needs of the girls, families and communities it serves.

What do Daisy Scouts affer?

To the girl it offers appreciation, understanding and approval from a trained and caring adult. It is fun while learning, through play and interaction with girls her own age and adult leaders.

To the family it offers assurance that their five-year-old girl will be introduced to a happy, safe, constructive experience with a group of girls her own age.

To the community it offers a service for these girls that builds on and supplements their family experiences, schooling and religious affiliation.

Other programs offered by the Girl Scouts include: Discovery for Brownie Girl Scouts for girls age six through eight. Brownies explore many worlds with new friends.

Adventure for Junior Girl Scouts is for girls age nine through 11. Juniors learn to organize, to turn their ideas into projects they can be proud of.

Action for Cadette Girl Scouts is for girls age 12 through 14. Cadettes make things happen in their own lives and in their communities.

Self-development for Senior Girl Scouts is offered to girls age 14 through 17. Seniors learn to know themselves and their capabilities for leadership in society.

Volunteers are needed to share in the lives of the Girl Scouts for several hours a day, a few hours a week, a few hours a month or a few hours a year.

Ken Ellis Opportunity Center provides involvement for elderly

The Ken Ellis Senior Opportunity Center, located at 211 Martin Circle in Jeffersonville, is partially funded by the United Way and is sponsored by the South Central Indiana Council for the Aging and Aged.

The center is designed for the older individuals who are able to take care of themselves and just want to get out of the house and be involved in things.

There is no fee for the service.

The center lost $22,573 in federal funding last year because money was allocated to other programs for the elderly. But the center members wrote to Jeffersonville Mayor Dale Orem and asked for his help. The members raised $441 with a dinner and craft sale last year.

The City of Jeffersonville has given $5,000 to the center, and has supported the center for several years. Jeffersonville also gave free use of the building on Martin, which is part of the parks system, and also helps with the utility bills.

C.P. Turner, a member from Clarksville, was quoted as saying, "If I couldn't come to the center, I don't know what I'd do. I guess I'd just end up sitting around at home."

Five days a week Louise Martin, in her 70s, also goes to the center. She goes every morning and prepares lunch for the members.

"It's like getting up and going to work for her. She's that dedicated," said Pat Jewell, spokesperson for the Southern Indiana Council in New Albany.

Seniors from the age of 60 on up are invited to join in the activities offered Monday through Friday from 8 a.m. to 4:30 p.m. Crafts, field trips, bingo, games and projects are just some of the ways the center involves seniors in activities.

Currently, the members are making doll clothes for the Salvation Army, which will be distributed to children during the Christmas season.

There is an exercise program, blood pressure and sugar screenings. There are yearly contests such as a Halloween costume contest for the best costume.

Members go on field trips to places like Opryland in Tennessee. They went to the Indiana and Kentucky State Fairs, and are involved in nursing home visitation as a group.

The members generate money through their activities. This year, money has been raised by the sale of craft items at the center. Also, the members will be selling these crafts from a booth at the Harvest Homecoming next year. There will be six to seven members who will put in time in the booths along with the staff.

Also in the works is the Green Thumb Worker Program. It helps people over 55 get employment. Green Thumb is a national program that allows individuals to work for community services and non-profit agencies such as senior centers, the school system, etc. The idea is to help seniors upgrade or develop job skills and find unsubsidized employment.

The attendance has grown at the center. Last year it was 20 to 30 people. This year the figure is 30 to 40.

United Way has given $7,000 to the program this year; next year that figure will go up by $2,000.

NAME
ADDRESS

Make check payable to: **United Way of Clark County**
635 E. 8th Street, P.O. Box 476, Jeffersonville, IN 47131-0476

INDIVIDUAL PLEDGE

CONTRIBUTOR'S SIGNATURE

DATE

TOTAL PLEDGE	PAID NOW	BALANCE DUE
$	$	$

THANK YOU FOR YOUR SUPPORT

PLEASE BILL ME FOR BALANCE DUE
☐ MONTHLY STARTING
☐ QUARTERLY STARTING
☐ OTHER—SPECIFY

OR

I WILL REMIT BALANCE DUE
☐ MONTHLY STARTING
☐ QUARTERLY STARTING
☐ OTHER—SPECIFY

Arthritis Foundation helps with research, education and awareness

Arthritis literally means joint inflammation and refers to more than 100 different diseases. More than 36 million Americans suffer from it, which not only affects adults but children also.

It can last a lifetime.

The Arthritis Foundation-Kentucky Chapter, 1381 Bardstown Road in Louisville, helps arthritis sufferers through research, community service, public awareness and professional education.

Because of the Foundation's efforts, new drugs, improved methods of therapy and surgery have been developed.

Did you know that Americans spent over $13 billion in 1982 on direct and indirect medical care for the treatment of arthritis? And that was four years ago.

The warning signs of arthritis are:

-Swelling in one or more joints.

-Early morning stiffness.

-Recurring pain or tenderness in any joint.

-Inability to move a joint normally.

-Obvious redness and warmth in joints.

-Unexplained weight loss, fever or weakness combined with joint pain.

Do you know what to look for if your child has arthritis?

There are several types. Affected children may experience skin rash, fever, inflammation of the eyes, slowed growth, swelling of the lymph nodes, fatigue and swelling in the muscles and joints.

Did you know that people with arthritis are among the most exploited victims of health fraud in the United States?

There is no cure, just treatment. Researchers are experimenting on the genetic, or inherited aspects. This work has shown that some people seem to inherit a tendency for arthritis.

Did you know scientists have learned that several human diseases are caused by unusual viruses that may live harmlessly in the body for years before becoming active?

Doctors treat arthritis on an individual basis. Drugs such as aspirin have been used. Aspirin effectively relieves pain and reduces inflammation and is among the safest drugs available.

Did you know that too much activity can lead to increased pain and inflammation for arthritis sufferers?

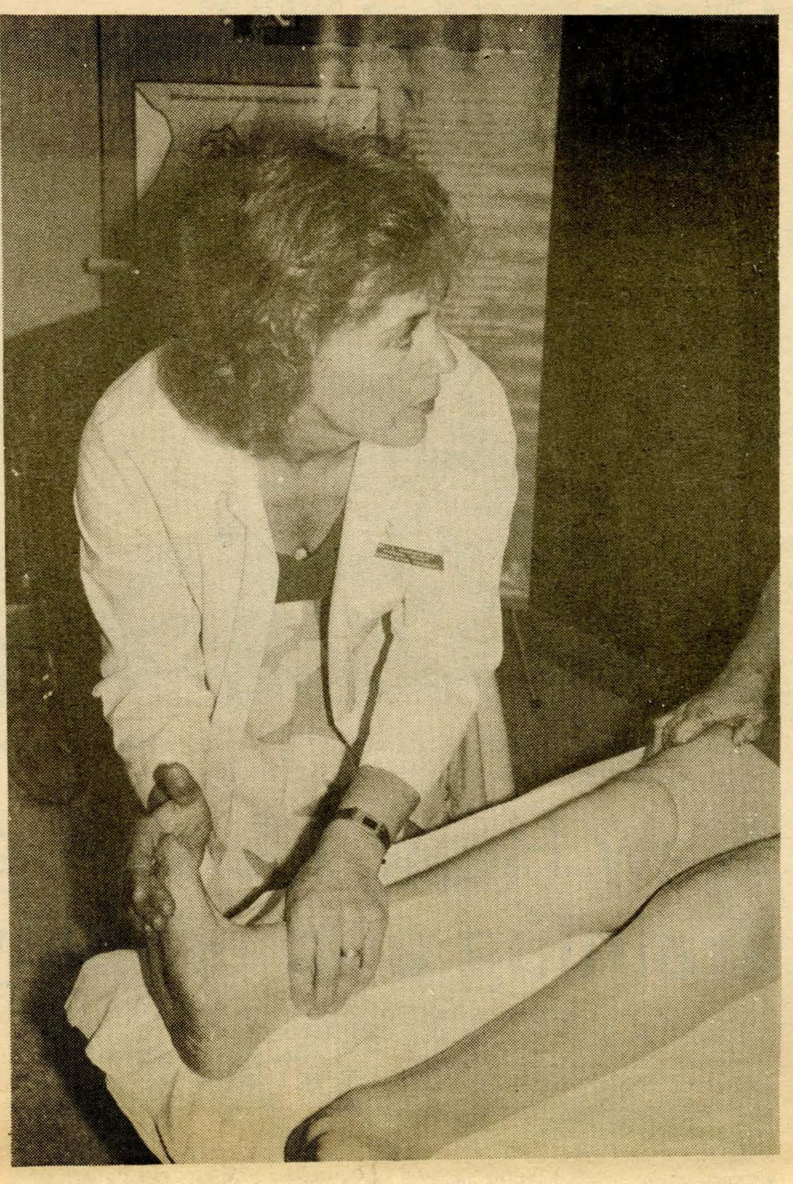
Rest helps relieve those effects. However, too much rest leads to stiffness. Regular exercise is important in controlling the disease. Pool exercise is good because the warmth of the water relieves pain and stiffness.

Did you know gout is a form of arthritis?

It is a buildup in the body of too much uric acid. Uric acid is a substance that normally circulates in the blood until it is passed through the kidneys into the urine.

The Kentucky Chapter provides direct care for arthritis patients young and old and their families through a clinic, a free loan closet, exercise programs, several support groups and daily information and referral. It supports research into the causes, preventions and treatments.

United Way allocation for this year was $4,500; it remains the same for next year.



PYHSICAL THERAPY *serves an important role in the treatment* of many forms of arthritis.

Big Brother-Little Sister Programs benefit many

Ted Rajchel, 48, owner of Rajchel Insurance Services in Jeffersonville, has been involved with the Big Brother program for six months.

He said, "I signed up for it in December and didn't get a Little Brother until mid-summer. They're very selective in who they let be a big brother. They interview you twice and do a police report on you. They do character reference checks, too."

All interested Big Brothers must call the West Broadway office in Louisville, at 587-0494, to schedule a two-month orientation meeting. At orientation, the Big Brothers are told in detail what their role is, and then are handed an application.

Next step is training, which are two two-hour sessions focusing on issues the Big Brother might deal with when accompanying his Little Brother.

Rajchel said he learned not to make promises he couldn't keep. He said they were very good child guidance sessions.

For instance, he was taught not to promise he'd take his Little Brother to the movies next week if he couldn't make it.

Rajchel is married and has four grown children. "I thought I was a good parent, and I shouldn't let that good go to waste since my children are all grown up. The good Lord gives you talents and if you waste them, He takes them away."

Chris Harkins, 9, is his Little Brother. They live only six miles away from each other and enjoy such things as fishing together and going to ball games together.

Harkins said, "I like him and going fishing. He taught me a lot of things."

The two also have a deal, which Rajchel said gives his Little Brother an incentive to do better in school work. If his Little Brother makes all A's in school, Rajchel will give him $50; for A's and B's he will give $25; and for every C it goes down $5.

Harkins lives with his mother and needs a father figure. Big Brothers/Big Sisters provide that missing gender companionship. Harkins, for instance, gets understanding and can have fun doing things he enjoys, like fishing.

Big Brothers try to see their Little Brothers once a week and commit themselves for at least a year.

There is no fee for the program. All the parent has to do is call the agency and request an application which allows children into the program who are aged seven to 16.

This year the United Way allocated $7,000 to the program; next year it will be $700 more.

FISHING TOGETHER at their secret lake are two friends brought together by the Big Brothers-Big Sisters Program. Ted Rajchel is showing is Little Brother how to properly cast his line. Chris Harkins, 9, is his Little Brother. They live only six miles away from each other and enjoy such things as fishing and going to ballgames together. Harkins lives with his mother and needs a father figure.

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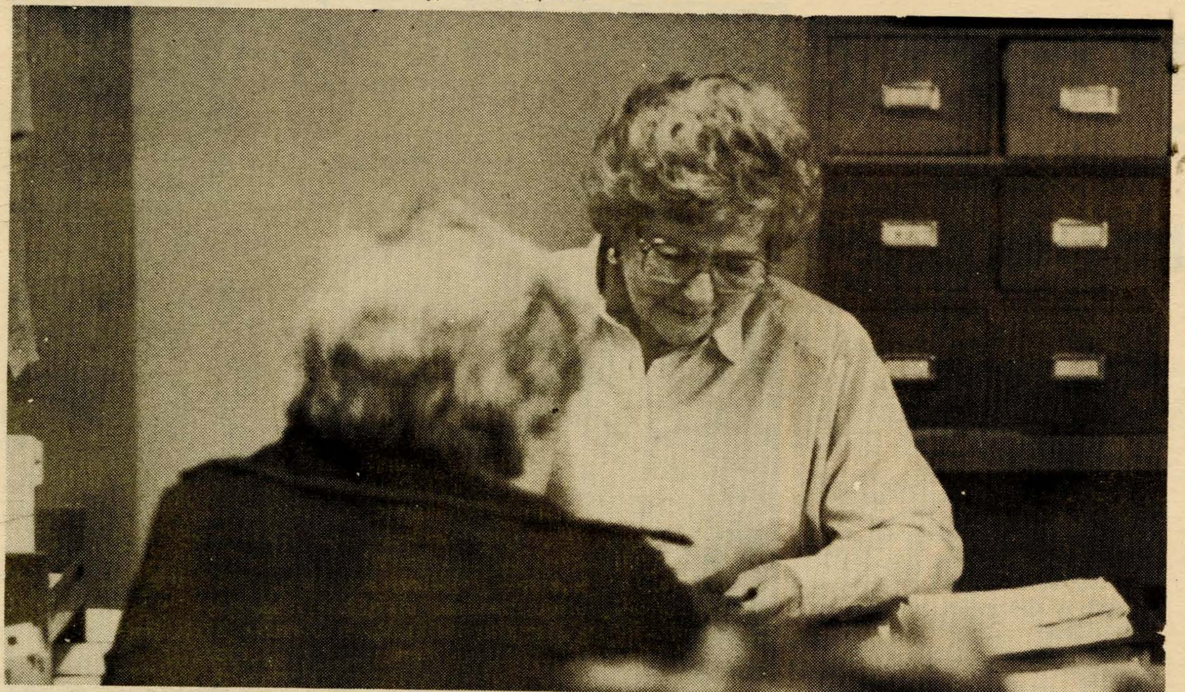


COUNSELING A WOMAN who went to the Center for Lay Ministries, 118 East Maple Street in Jeffersonville, for help is Joan Crooks, board chairperson.

New Hope Center gives training and employment

The New Hope Center, located at 725 Wall Street in Jeffersonville, provides vocational training and sheltered employment to individuals with physical, mental and emotional disabilities.

William McCarty, 23, for instance, came to the Center nearly four years ago when his father was placed in a mental hospital. He had been living in a downtown hotel and was left alone in the world with no marketable working skills and unlikely to get any because of his emotional and visual disabilities.

After finding out about the Center from the Indiana Vocational Rehabilitation Service through the Greater Clark County Schools, he moved to Center Place, a group home on East Chestnut Street for the mentally and emotionally handicapped.

McCarty tried to get a regular job after he graduated from high school but was not successful. However, with the help of the Center's vocational evaluation, work adjustment and sheltered employment programs, he was able to earn a wage and live on his own in the Linnwood Apartments on Ewing Lane.

"This program has helped me become a better person now than I was three years ago." he said.

McCarty works Monday through Friday at the Center from 8:30 a.m. to 3:34 p.m. on grommet foam for a Louisville company. McCarty attaches pieces to the foam which he forms into an air conditioner belt.

"It's been pretty good so far. Sometimes there are times when I don't earn much money, and then there are times when I earn a lot, about $70 and up for a two-week period."

Since his enrollment in the program, he has been taken off-site to the Colgate-Palmolive Company warehouse for work arranging bottle caps for the conveyor belts.

Speaking of his disabilities, McCarty said, "Sometimes I let my emotions get out of control. But this program has helped me become a better person than I was three years ago. The people who work here are more understanding because they realize this is just a job training place.

"I want to stay at New Hope as long as I can. Maybe I can get a regular job within the next 10 years."

Here are the programs which are available: Vocational evaluation is a systematic assessment of the individual's vocational interests, aptitudes and abilities as well as social and emotional behaviors.

Work adjustment is individualized-structured planning with closely supervised work training experience designed to promote the acquisition of good work habits and socialization skills.

Work activities is an extended employment program for individuals who are severely limited in social and/or work skills.

Sheltered employment is a closely supervised and structured work situation, which for some individuals may be a short-term placement, emphasizing further training in good work skills and habits pending employment in the community.

Job placement is a training program designed to help the individual who is capable of competitive employment and achieve the skills necessary for successful job seeking and job retention.

All residents of Clark and Scott Counties, 16 years of age or older, who have a physical or mental disability qualify for the program. The program is free.

This year New Hope was allocated $82,500 from the United Way and will receive the same allocation next year.

ReHab Center serves persons of all ages

The Rehabilitation Center is a non-profit agency which provides rehabilitation, prevention and training to all individuals in need of such services. The creation and continuation of programs focus on enhancing personal growth and development and maximizing the potential of each individual's ability to cope with his or her environment.

Services are developed and maintained utilizing the principle that all persons will be treated with human dignity and are worthy of respect.

The Rehabilitation Center began in 1957 and has grown to a large agency serving 1,000 clients per year. The Center has 18 separate departments which provide 40,000 services per year.

It is a private agency governed by a board of directors and is located at 1329 Applegate Lane in Clarksville.

The agency serves physically and emotionally handicapped persons of all ages.

Clients with numerous disabilities use the Center; a few of which include: cerebral palsy, hearing loss, speech deficits, developmental delay, stroke, multiple sclerosis, head injury, emotional disorder and physical disabilities resulting from accidents. Approximately 60 percent of its clients are from the Clark County area.

Clients may choose from a range of services: physical therapy, occupational therapy, speech therapy, audiology, pre-school for mutiple handicapped, day care for special children, work evaluation, work adjustment, custodial job training, job placement and medical clinics.

Each service has a goal of assisting the client toward a productive life.

The Center's budget is $1,300,000. And the United Way funds 13 percent of that.

United Way provided $110,000 to the agency this year; next year the allocation will be $125,000.

The Salvation Army exists to meet the human need — at the point of need

Making God's love known to all people is the single, unifying aim underlying all Salvation Army work.

An outlet for the Salvation Army in the Clark County area is at 118 East Maple Steet in Jeffersonville.

It exists to meet human need — at the point of need. The Salvation Army stands ready to assist people of every race and creed swiftly, compassionately and with kindness and understanding.

Crisis situations take place in people's lives everywhere. Stories of floods, fires, tornadoes and other unexpected situations are in the news every day.

It is comforting to know there is a friend nearby when disaster strikes. If stranded or in difficulty, it is reassuring to know there is someone in the vicinity who cares, no matter where you might happen to be.

It offers services to families and individuals including transient meals and lodging and emergency family welfare. Missing person bureau, disaster, parolee and correctional, alcohol and drug treatment, camp and other services are available.

"All we do here is write vouchers for gasoline, overnight lodging, emergencies. We just handle transients and lodging for people who have a fire or have no shelter," said A.C. Johnson, local representative.

Also the Jeffersonville Police Department can write vouchers.

The Salvation Army in Clark County is a local setup for transients so that they do not have to go to New Albany or Louisville for help.

This year the United Way of Clark County allocated $4,100 to the agency; next year the allocation will be the same.

The Center for Lay Ministries helps thousands each year

A local woman who broke her hip and was unable to work wrote to the Center for Lay Ministries,Inc., 118 East Maple Street, Jeffersonville.

She wrote: "I want to tell all of you I very much appreciate the groceries I got from you. I've been off work a month and all the help I've gotten was from you. I couldn't have made it without you."

Case closed.

A woman was brought into the Center by the police. They found her wandering the streets. She was 26, had a little boy, two years old, and came to Jeffersonville from Texas. She had no money, no place to lay her head and had been physically abused by the man she lived with in Texas. By the end of the day she had a place to sleep for the night.

But the Center didn't stop there, because she still had no place to sleep the next night. Numerous calls were made by a Center volunteer until she found somebody who had been trying to reach the Texas woman. A minister and his wife in Louisville had taken her in for a while and were able to do all kinds of things for her. They were relieved to find out she was all right.

Case closed.

The Center helps thousands of people like these each year to make it through rough times with advice, gifts of food, clothing and money, and a friendly hand. It is a non-profit agency which helps people in need of temporary, emergency assistance. It is an organization of lay persons representing 35 churches in Clark County and attempts to assist people in the following programs:

—The Food Pantry has provided food for 10,000 hungry people last year.

—Financial Assistance for rent, utility bills, transportation and medicine is given to the needy.

—The Clothes Closet is a collection of clothing for children and adults.

—Volunteers make weekly visits on Tuesday afternoons to Clark County Jail prisoners who are given kits which contain personal-care items for those who cannot afford to buy them. The prisoners get shampoo, toothpaste, tooth brushes, body lotion, pencils, stamps, paper and envelopes in the Jail Visitation program.

—Christmas food baskets are distributed every year to the needy.

—And when people need help, they need to know where to turn; that's why the Center provides a referral program. The Center refers patrons to the right place for aid.

Volunteers are needed to help provide this information and assistance. Call Executive Director A.C. Johnson at the Center, 282-0063, for information.

Why volunteer? For some, it is the reward of seeing a little girl or boy smile at new clothes.

For others, it is seeing a prescription filled or utility bill paid.

Yet for others, it is the joy of seeing a hungry family take home some food for the first time in weeks.

There are so many reasons why volunteers are needed.

"Spread the word," Board Chairman Joan Crooks said at a luncheon. "We're here to help people and need your help to do it."

Endless thanks have been given to the Center which was allocated $10,000 from the United Way in 1986; $12,500 is allocated for next year.

124G

Red Cross is there for those in need

In the 1800s Henri Dunant, of Geneva, Switzerland, worked incessantly "to found and organize in all civilized countries permanent societies of volunteers which in time of war would render aid to the wounded without distinction of nationality."

And later he said these socities could "even give great service during periods of epidemics or in disasters."

With this philosophy in mind, Clara Barton founded The American Red Cross, whose goal today is to "act as the medium of voluntary relief and communication between the American people and their armed forces, and to carry on a system of national and international relief to prevent and mitigate suffering caused by disasters."

Today the Red Cross is the world's largest voluntary blood service in the world and is educating and aiding those in need.

The following is a scenario of how the Red Cross helps people today.

Carol Hoskins and her husband, Robert, were chopping wood to heat their home one day when Hoskins suddenly keeled over, grasping his chest.

Mrs. Hoskins knew how to perform cardiopulmonary resuscitation (CPR) because she was an American Red Cross volunteer. She saved her husband's life that day, but others aren't as fortunate because they do not know CPR.

For obvious reasons, it is good to be prepared for incidents such as the one that happened to Hoskins.

According to Lunette Fergison, assistant director of the Clark County Chapter at 332 Spring Street, Jeffersonville, there are first aid courses offered to beginners and the more advanced students as well as CPR courses. Every third Thursday of the month, there is a free blood pressure clinic in Charlestown.

"After our house burned down we didn't know where to turn," explains a woman. "We got some help from churches, but it just wasn't enough. Then a friend said to call the Red Cross."

Within days, this woman was receiving clothes from a Red Cross staff.

Whether it's an individual or mass disaster, the local Red Cross will be there to offer emergency assistance with shelter, first aid, food, clothing, rent or whatever else is needed.

Its youth program uses volunteers to man first-aid stations at fairs and local festivals.

The local chapter teaches all phases of water safety such as lifesaving courses and adapted aquatics programs for the physically and mentally disabled.

Assistance is given to the immediate military family members in the form of relaying messages of good news and bad news such as births and deaths.

But most widely known is its blood service which is down 123 pints of blood from last year. To make donations, the Clark County Memorial Hospital Blood Drawing Center, 1220 Missouri Avenue, operated in cooperation with the Clark County Red Cross Chapter, will be open the first Monday of each month from 10 a.m. to 7 p.m.; all other Mondays it's open from 10 a.m. to 3 p.m.; and every third Thursday from 2 to 7 p.m.

A bloodmobile visit is scheduled Friday, Oct. 3, at he Green Tree Mall from 2 to 7 p.m.; Thursday, Oct. 9, at the Faith Lutheran Church from 3 to 8 p.m.; and Wednesday, Oct. 29, at St. Joseph Hill Church from 3 to 8 p.m.

Allocation figures for 1986 were $84,682; next year's allocation is $85,122.

K.I.D.S. Center is located in Louisville

The United Way also helps fund the United Cerebral Palsy K.I.D.S. Center, located at 982 Eastern Parkway in Louisville. The initials stand for the Kentuckiana Institute of Developmental Services.

It provides a variety of therapeutic services to developmentally disabled children. Families from Kentucky and Southern Indiana are accepted in the program up to 21 years of age. But the program's emphasis is on the younger child, from newborn to five years old.

Its newest program was implemented two years ago and has been successful. The Movement Assessment Screening Project is where the occupational and physical therapist goes to the home of a young child, say four months old, who were placed in the neonatal intenisive care units after they were born because of complications at birth. The therapist will determine if the child needs intervention or if they test OK. The sooner any abnormalities in growth and functioning are caught, the sooner therapy can begin.

Once enrolled into the program the child will receive physical, occupational and speech therapy.

Also there is a special pre-school education program offered to children from 9 a.m. to noon, who are in grades one through five. It is mostly readiness skills that they learn.

"When they go to school, they're going to lose some of the intensive programming we (K.I.D.S.) have. We help the teachers in the public school system by preparing the child beforehand. They — the child and the teacher — will both be better off," said David Ramer, executive director of K.I.D.S.

The program is designed to help the child feel comfortable when separated from his or her parents.

Also included in the program is family support services. This is where counselors work with shocked parents who are referred to the program. The parents are in shock when they learn their child has a disability. The counselor tries to help the parent understand the disability and to reevaluate their goals.

United Way allocated $7,500 to the program this year; next year the allocation is the same.

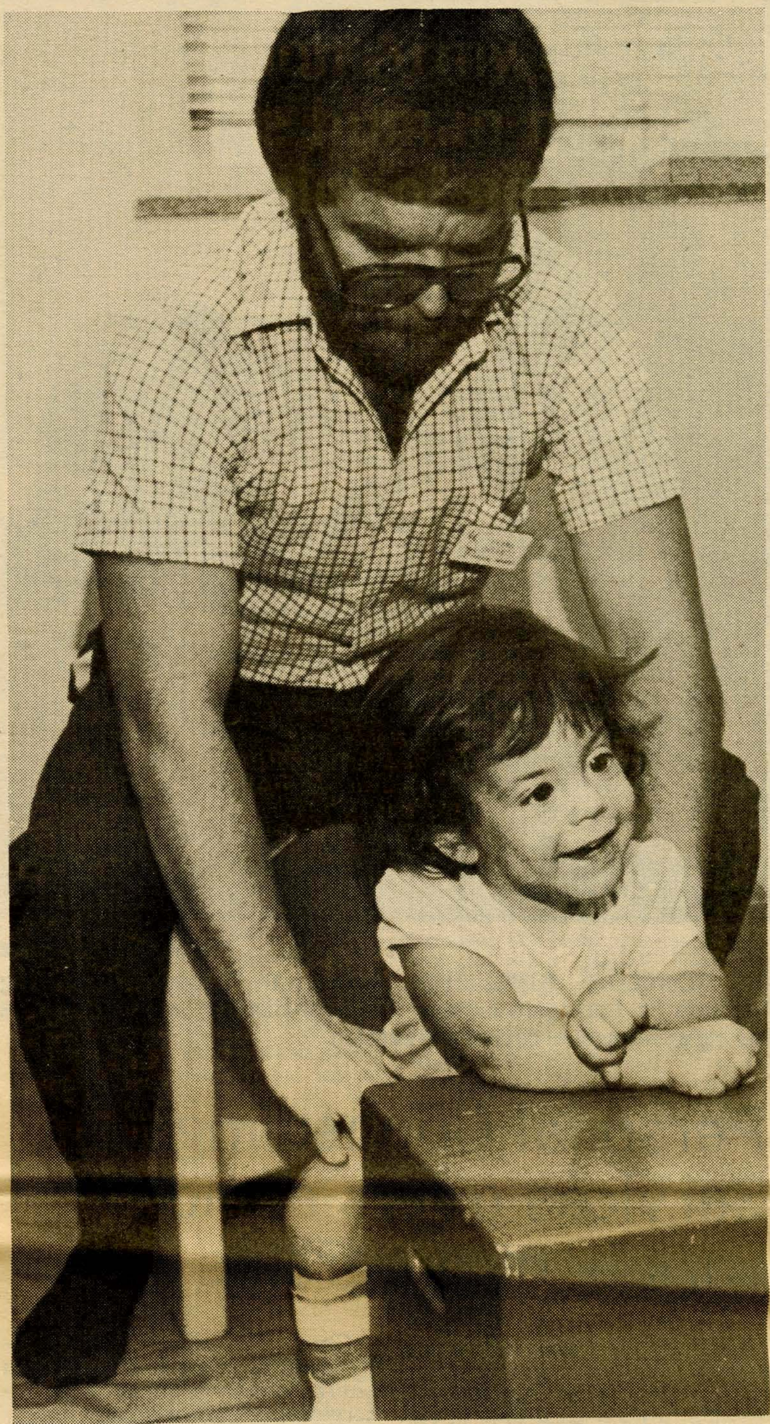
In the past year, 185 children have been assessed including children in the Clark County area. Twenty-four were found to need intervention (therapy) immediately. They were physically behind at their age level. Children who have developmental problems who aren't in the program will continue growing without the needed help.

The infants found to need help are now undergoing therapy. They borrow special equipment and improve drastically when the illness is caught at a younger age.

The purpose of the program is to work with children before they go to public school. It helps them become more independent and functional, and tries to get the children in a position where they will not need to be placed in restricted classroom settings.

The first thing that is done when interested parents come into the program is medical consultation. It is a diagnostic evaluation of the child who is usually referred to the program by a doctor of another agency. Each department tests children in their specialized area and keeps a record of their achievements according to their age level. For instance, the speech therapist looks at the child's age and notes whether the child is making any sounds at all and how it responds to sounds.

A medical director also examines the child.



RECEIVING PHYSICAL THERAPY, which helps develop balance and mobility, is two-year-old Morgan Crawford. Frank DeSanto, physical therapist at the KIDS Center, 982 Eastern Parkway in Louisville, uses the box to help her stand.

Hospice adds life to days of terminal patients

"We can't add any days to the life of a terminally ill patient, but we can add life to their days," said Patricia Payne, executive director of Hospice Southern Indiana, 125 Dunbar Avenue in New Albany.

The term "Hospice" during the Middle Ages referred to way-stations where travelers could find shelter, nourishment and respite on life's long journeys. Today the term is used to describe a concept of caring during the final stage of living.

Hospice brings comfort, support, and dignity and relieves problems such as pain, fear and loneliness. The goal of Hospice care is to assist patients and their families to maintain control over their lives as fully as possible in the midst of a major life crisis.

Hospice of Southern Indiana, Inc., was established in 1979 by a group of concerned citizens. It is a not-for-profit, tax-exempt corporation governed by a volunteer board of directors, representing a cross-section of community interests.

The service is free.

There is a pool of 40 available Hospice volunteers who must go through 25 hours of training and thorough screening procedures. Before a Hospice volunteer is accepted, he or she must be able to accept their own death, and as a result he or she will be much more helpful in helping others face their death.

The professional staff (a registered nurse and counselor) work with the volunteers and with the families as a team in the care. Hospice is not an agency that says how something should be done, but an agency which helps patients with the best way to deal with the future.

Hospice helps the terminally ill person in the following ways: (1) If the terminally ill person doesn't have the funds for medical care, Hospice directs the patient to the resources which are available in the community; (2) Hospice talks to the family about pre-planning the funeral. Sometimes volunteers go into homes where the family has not thought that far ahead. Hospice tries to help them understand what they have to do in regards to insurance, a will, or unfinished business with a family member; (3) Hospice will call ministers if the patient wants church support; (4) If the patient is cared for at home, volunteers will act as a liaison with the doctor and alert him of any changes in the patient's medical condition; and (5) Hospice can help by getting the patient free use of medical equipment for the home such as wheelchairs, hospital beds and bedside commodes.

"Every family is unique and we respond to the needs of that family. We are there to do whatever we can to help at that time. Also we remain with the family through the death of the patient and help them in the period of bereavement," said Payne.

Volunteers will stay in touch with the family and help with any problems that may arise.

Over 90 percent of referrals come from physicians.

Criteria for enrollment in Hospice are: (1) The patient must know they are terminal, that they have weeks or months to live versus years; and (2) The patient must agree for Hospice to come into their lives.

Acquired Immune Deficiency Syndrome patients are not turned away from the Hospice program either. The volunteers are specially trained to deal with the illness.

Bereavement classes are offered free to the community during the year by Hospice. Also, Hospice offers educational work in the schools where classmates or teachers may have died. Volunteers offers comfort by talking about the feelings of the students.

This year, United Way of Clark County allocated $23,540; next year the allocation will be $29,000.

1. 124H

Staff photo by Carolyn Sorg

DR. RONALD E. KING, PHD., works with Personal Counseling Services on Applegate Lane in Jeffersonville. He is pictured here during an individual counseling session.

Personal Counseling Services offers a wide variety of programs

Since 1959, Personal Counseling Service, Inc., has provided specialized counseling therapy and personal growth programs to residents of Southern Indiana. The center is a non-profit, nondenominational pastoral counseling service, which provides counseling for adults, children, adolescents, couples and families.

The center offers a distinctive approach of solving human problems and stress, uniting theological and psychological skills in counselors of the highest professional caliber.

All members of the staff have earned graduate degrees in a particular area of counseling. All have extensive supervised clinical training in a variety of settings. The counselors listen, in strict confidence, to the situations presented, and help the counselee move toward the best possible solution and personal growth.

Personal Counseling Service, in the 27 years of its existence, has helped thousands of persons search for better solutions to very real, and frequently critical problems. They have wrestled with problems ranging from marital and family crises to feelings of the need to grow as persons.

The Jeffersonville office is at 1321 Applegate Lane and is open Monday through Thursday from 9 a.m. to 9 p.m.; Friday and Saturday from 9 a.m. to 3 p.m.

There is individual counseling. A counselor trained in psychotherapy will see a person on an individual basis, and help them better understand and cope with stress.

Group counseling provides individuals an opportunity to grow in their self-awareness and interpersonal relationships.

Marital, separation or divorce counseling is where the counselors work with the spouses on an individual basis and/or in joint interviews to help them identify, clarify and deal with the marital crises or problems.

The center provides training courses, consultation and/or supervision for clergy, teachers and other professionals involved in counseling persons. Postgraduate training in pastoral counseling is offered.

The center provides seminars and other educational programs at the agency as well as for local congregations and community groups.

The center is accredited by the American Association of Pastoral Counselors as a service center. Accreditation means the center has met rigid standards and promotes quality counseling and care.

Fees are determined according to income and are arranged during the interview. Health insurance coverage for outpatient psychotherapy and psychological testing is dependent on policy provisions and may cover a major percentage of the counseling expense. A Financial Assistance Fund is available to help defray the cost for persons unable to pay the regular fees.

This year United Way gave the service $20,000; next year it will receive an additional $2,000.

Boy Scouts have 75-year record of helping other people

"Help other people at all times" is the familiar Boy Scout motto. And with its 75-year record of helping other people, it has also helped the scout by building up character.

If you are like most parents in this high-speed, high-demand age, quality time is a top priority for you and your son. Scouting can offer activities that are meaningful as well as fun.

The Scouts' main concern is the growth of healthy, responsible boys. Its purpose is to serve others by helping to instill values in young people and, in other ways, prepare them to make ethical choices in their lifetime in achieving their full potential. The values are based on those found in the Boy Scout oath and motto.

The George Rogers Clark Area Council, 2030 East Spring Street in New Albany, emphasizes these areas in its character-building program: service, socialization, citizenship, outdoor activities, and personal fitness.

Activities are structured to encourage the maximum family involvement.

The Council these by involving the parents. For instance, parents are encouraged to attend "parents meetings" and to "serve on the pack committees."

And if you are a single mother, boys can bring an adult male relative or friend to the father-son activities. Leaders often provide substitutes for fathers unable to attend. And many packs offer special overnighters for mothers and their sons.

What are the benefits of membership? Scouting is worldwide. You will be joining 3 million other families. Your own scouting unit will provide a network of families interested in their children just as you are. You and your son will have a positive communiction tool as you help him with his achievements.

THIS YOUNG Boy Scout built a model of modern space rocket. Two United States astronauts were members of the Boy Scouts in their younger years.

Tiger Cubs are for boys age seven; Cub Scouts are for boys age eight to 11; Boy Scouts are for boys age 10 and one-half to 18; Varsity Scouts are for boys age 14 to 18; Explorers are for young men and women age 15 to 21.

There are yearly national membership fees for boys and adult leaders. Most units have some kind of dues to help defray operating costs. A uniform is desired but not required.

United Way allocated $50,000 to the Scouts last year; next year it will allocate $52,500.

United Way of Clark County has raised $329,016 for its 19 member agencies

The United Way of Clark County has raised $329,016 in allocations so far for its 19 member agenies, according to a mid-campaign report at the Sheraton in Jeffersonville yesterday. That figure reflects over 50 percent of the $650,000 total goal.

Bob McIntosh, campaign chairman, introduced Carl Duncan, 3, and his mother, Amy, at the luncheon yesterday to help explain how one member agency, the Southern Indiana Rehabilitation Center, 1329 Applegate Lane in Clarksville, can help children suffering from cerebral palsy and other ailments.

Mrs. Duncan said at the luncheon, "His learning skills have improved, and he is working on crawling and sitting."

The Duncan child receives physical, speech and occupational therapy at the center, and because of the pre-school program will be mainstreamed into the public school system when he reaches school age.

Results of the fund-raising followed the brief speech by Mrs. Duncan. The figures were delivered in the form of a pep-talk from each of the division chairmen in the campaign.

Ending the "go-out-and-get-em" meeting was Ray Beaufait, president of the United Way, who said, "I want us to continue to educate the public in how our agencies help people like little Carl, and everybody should give who can. We've got to continue to go out and recruit others."

A list of the money donated at the mid-point is as follows:

A new division, health services, had $14,938 in pledges, which means it has reached 58 percent of its goal so far. That figure was aided by the Clark County Memorial Hospital which gave $12,588, 55 percent more than last year.

The general business division had a total of $5,879 at mid-point.

Community services division chairman Welby Edwards said when asked to disclose his figures at the mid-point, "I love the United Way." This division has many supporters. The Jeffersonville Township Library is one which donated $696 of the division's total of $9,517. The goal is $35,000.

The professional division has raised $3,106, 14 percent of its $22,500 goal.

And the commerce division acknowledged individual pledges from Econo Lodge, $200; Free Enterprise, $300; Indiana Southern Bank, $4,000; Jeffersonville K-Mart, $3,850; Clarksville K-Mart, $4,013; and Willcox Motor Company, $1,162. This brought the division closer to its $158,000 goal.

Individual division volunteers raised $1,973 of the $7,000 goal, while the combined federal division was still in the process of viewing agencies in the campaign.

Lastly, the biggest division was the industrial division which raised $216,296, over 50 percent of its $353,500 goal.

The volunteers and chairmen were pleased with the donations and look optimistically toward a victory dinner November 13.

Visiting Nurses Association works directly with the patient's physician

For over a decade, Visiting Nurses Association of Southern Indiana, a non-profit United Way agency, has been working directly with the patient's physician to provide the quality and continuity of care the home patient needs.

Skilled nursing, home aide, therapy and case management services are provided to the patients based on their income, at the 1403 E. Spring Street office in Jeffersonville.

With the rising cost of medical care, patients are seeking alternatives to lengthy hospital or nursing home stays. Many are now finding it possible to stay at home for the entire duration of illness or to shorten their hospital stay.

By having the availability of registered nurses, qualified home aides and other health professionals working directly under the family physician's orders, the patient has the opportunity to recuperate in normal home surroundings.

All employees are bonded and have CPR training.

Personnel are available 24-hours a day, seven days a week, to provide the professional care the home patient needs, providing a variety of services such as patient and family teaching, foley catheter care, bloodwork, intravenous therapy, surgical dressing changes, walker training, helping to secure medical supplies and equipment and personal care which includes bathing.

But, that is only part of the VNA contribution to the health and the well-being of the community. In addition to home care, VNA of Southeastern Indiana provides health awareness programs for employees in the workplace. Wellness motivation programs are adapted to individual needs and may include such programs as stress management, exercise programs, nutrition and evaluation of lifestyle.

For years VNA has provided speakers and slide presentations on these subjects and more.

VNA also offers to all residents in Clark County an opportunity to become a member of a new program, "The Good News Club." The club was designed for the general public to increase awareness of positive health habits no matter one's age.

With the upcoming federal cutbacks due in all fields of health care, it is becoming increasingly more important to maintain a healthy lifestyle and assume responsibility for one's well-being. Each member of VNA's Good News Club will receive a membership card which entitles them to free written health information upon request. Members will also receive a newsletter every two months, which contains not only health updates, but a calendar of local upcoming events, free activities and community services.

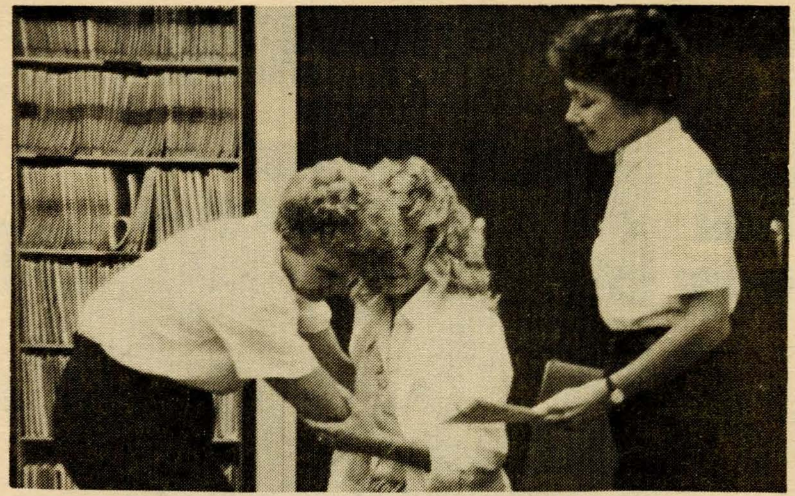
There is no cost or obligation for membership.

Last year, VNA provided blood sugar screenings to over 900 people.

Results of this program were submitted to the U.S. Department of Health and Human Services as a nominee from the State of Indiana, for the Secretary's Community Health Promotion Awards 1986.

Dr. Otis Bowen, Secretary of Health and Human Services, notified VNA through the Indiana Health Association that VNA will receive the award Oct. 17.

This year the United Way allocated $40,000 to VNA; next year the allocation will remain the same.



Staff photo by Carolyn Sorg

DEMONSTRATING HOW to transfer a patient to another chair without injuring the back are three members of the Visiting Nurses Associaton. They are RN Sheila Weddle, RN Janice Hitt, and nurses aide Katrina Rutherford.

Clark Co. Help Line is a 24-hour service for all who may need it

The Clark County Help Line, 510 Spring Street in Jeffersonville, has been in existence for four years. It originated through the Clark County Chamber of Commerce. Leadership Clark County with Human Services' Day saw a need for a referral system out of a centralized office. The Chamber formed a human services committee which started work on the Help Line.

For one year the Help Line was funded by local churches and the Help Line committee as a pilot project before it received United Way funding.

This year the Help Line received $2,000 from the United Way; next year it will receive the same amount.

The Help Line is a 24-hour emergency phone-referral and information line which receives calls on such things as suicide, housing, legal problems and medical information. This number is utilized by all human services agencies, police departments, and hospitals as a cooperative effort to centralize the availability of services to Clark County residents.

One phone is serviced by a trained volunteer, Monday through Friday.

One recent morning, at 4 a.m., the Help Line received a call from a young person who was considering suicide. The Help Line volunteer first kept him on the line for one-half hour so that he would calm down and be reassured that he was not being brushed off onto another agency. Once his trust was gained, and he was calm, the volunteer gave him all the right telephone numbers and felt the effort had helped him get on the right track.

Fire victims have also been helped by the Help Line. They have been placed in permanent homes while the volunteers get the ball rolling by getting the right people to work on their case.

Each staff volunteer is equipped with a cross-reference book of 99 human services agencies available to Clark County residents.

All you have to do is call 284-HELP for assistance or information about anything such as drug abuse, alcohol, or diseases. A volunteer will be there to help you find the right person to contact.

Staff photo by Carolyn Sorg

VICKI CASE TALKS WITH a caller needing assistance at the HELP Line. HELP Line is open seven days a week, 24 hours a day for information and referral services.

YWCA offers help through the Spouse Abuse Center

The Southern Indiana YWCA Spouse Abuse Center, 117 E. Market Street in New Albany, offers a comprehensive program for battered women and their children. The center operates on a walk-in counseling basis, and a full-time coordinator and crisis counselor give phone counseling and make referrals.

There is a hospital advocacy program, which means when the victim is seen in the emergency room at the hospital, the emergency room staff will call the center for an advocate. The advocate will see the victim in the hospital to give him or her support and information. The court advocacy program functions the same way. When the victim goes to court, the advocate provides him or her with moral support.

The program is free to the victims in need of such service.

When Southern Indiana victims are in need of shelter, the center sends the person to Louisville where she is given confidential shelter.

The children of battered women are welcome also in the Spouse Abuse Center in Louisville. They participate in the Child Development Program in which the emphasis is on breaking the cycle of violence that is passed down from generation to generation. Individual and family counseling is available. Mothers can learn new parenting skills. School age children attend classes within the shelter.

The Spouse Abuse Shelter is a secure shelter that eliminates the physical threat under which an abused woman lives. The abused woman learns she is not alone because she will live with other women going through the same fears and frustrations.

Millions of women in this country are being abused by the men with whom they share their lives. But women are not the only victims of domestic violence. It affects every member of the family — the woman who is being beaten, the children who witness the terrifying assault and the man who uses violence to cope with his frustrations.

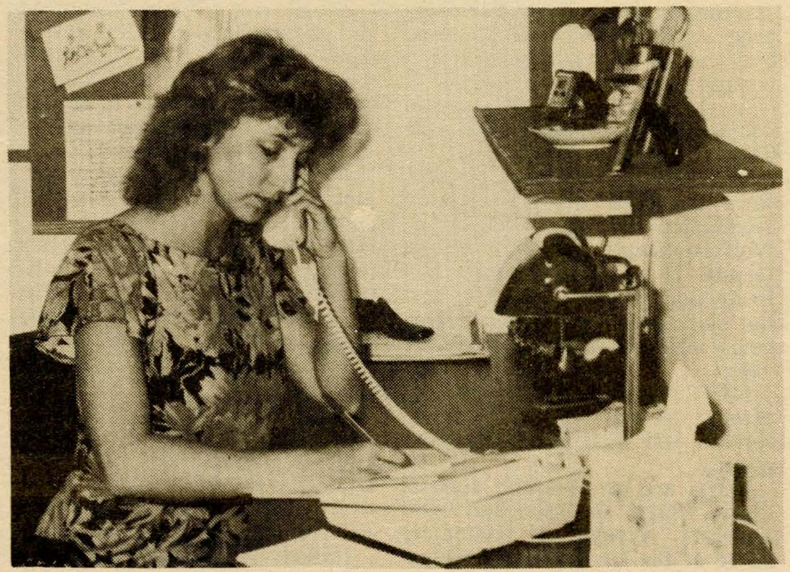
The center also funtions as an educational center, providing speakers to school groups, church groups and civic organizations.

You must be a resident of Clark, Crawford, Floyd, Harrison, Scott or Washington counties to receive the help from the Southern Indiana agency.

Any woman who is physically abused or under the threat of physical abuse by her husband, ex-husband or boyfriend are eligible to receive assistance.

Now there is help for families who suffer this physical and emotional trauma. The YWCA Spouse Abuse Center.

This year the center was given $11,880 by the United Way; next year it will receive $19,159.



Staff photo by Carolyn Sorg

JESSICA JOHNSON, a volunteer at the YWCA Spouse Abuse Center on 117 Market Street in New Albany, takes a call for information on the crisis hotline.

1. 124 J

RSVP VOLUNTEERS Webby Miller and William Ruddell help out at the Clark County Memorial Hospital information desk. Sixty RSVP volunteers man the hospital, which is the largest volume station in the program.

Retired Senior Volunteer Program provides diverse opportunities

RSVP are some catchey initials for a program which places volunteers, aged 60 and up, into a position in the community where they not only help the community but also help themselves feel good and productive.

RSVP stands for Retired Senior Volunteer Program and volunteers do what they want to do and choose when they want to do it.

A survey prepared by Dooz, Allen and Hamilton, Inc., proves that seniors who volunteer live longer and do better. RSVP was specifically cited for its volunteer program. The survey was prepared over a three-year period and completed in 1985.

In the Knitten-Mitten program volunteers make lap robes and walker bags for nursing homes.

Also, one project the volunteers were involved in was making anatomically correct dolls for the Welfare Department in Floyd County. It was part of the Child Protection Services project, and the dolls were used when asking young children about child abuse cases.

RSVP opportunities are as diverse as the volunteers themselves. And their schedules vary greatly.

There are 66 volunteer sites in Clark, Floyd, Harrison and Scott counties. Around 60 volunteers serve at the Clark County Memorial Hospital: It is the largest station.

Mayor Dale Orem's mother, Faye, is a new volunteer enrolled at the Little Angel Shop on Spring Street. All proceeds from the thrift shop go to the Rehab Center. There were 27 active RSVP volunteers at the Little Angel station as of July 1986.

RSVP is unusual in that it provides accident and liability insurance. It provides incidental expenses such as transportation and meals based on availability of funds to the volunteers. Members also go to annual recognition parties and belong to a national volunteer agency.

The ideal way for a volunteer to get started is to go to the New Albany office, 702 E. Market Street, and be interviewed. If volunteers know where they want to go, then they inform the station manager.

A volunteer at Clark County Hospital said, "It's everything to me; it came to me at a time when I needed it."

RSVP doesn't put volunteers in useless programs. Note the volunteers at the Clark County Hospital manning the information desk, delivering mail to the patients, wheeling carts and running the gift shop.

The purpose of RSVP is volunteerism. If your're ready to share your experience; if you'd like to balance your leisure with service that means something special; RSVP is the answer for you.

United Way allocated $6,000 to RSVP this year; next year the allocation will increase to $6,500.

No one is immune from mental illness

Do you feel comfortable about yourself? Do you feel comfortable about others? Are you able to meet the demands of life?

If you answered "yes" to these questions, then you have some of the characteristics of good mental health. If you answered "no" to some of these questions, it doesn't necessarily mean you are mentally ill.

However, no one is immune to mental illness. It can strike anytime, at any age.

FACT. There is no line that neatly divides the mentally healthy from the healthy.

FACT. Conservative estimates place the annual loss in productive activity in industry, directly related to emotional disorders, at a staggering $17 billion, or $1,622 per employee per year.

FACT. The average daily population in Indiana's seven state mental hospitals and four state hospital-training centers for the mentally retarded or developmentally disabled was 4,486 as of last year. That average reflects 2,584 persons in mental hospitals and 1,902 persons in developmental disabilities facilities.

FACT. Mental and emotional illnesses affect children of all ages from infancy through adolescence. Approximately 15 percent of the children in this country have some form of mental or emotional disturbance. This is about 8.1 million children.

FACT. A survey was conducted in 13 Indiana counties to determine the mental health needs of children. A total of 10,815 cases was reported of children in need of mental health services.

The Clark County Mental Health Association, 605 Watt Street in Jeffersonville, is aware of these facts and wants to "break the chains of mental illness." The association helps the community by using United Way allocations toward scholarships for future college students interested in the medical field. They are chosen by a special Clark County chapter committee, and are recommended to the chapter by way of their high-school counselors.

Money also goes toward educational programs. For example, speakers are available through the local chapter for civic organizations who wish to learn more about mental health.

And during the Christmas season, 500 to 600 gifts are collected by the chapter and donated to area hospitals.

The new Compeer Program matches volunteers and mental health patients on a one-on-one basis. They are needed to provide comfort and reassurance to the patients. They will visit with them in the hospital, and take them out to movies, concerts or sporting events, for example.

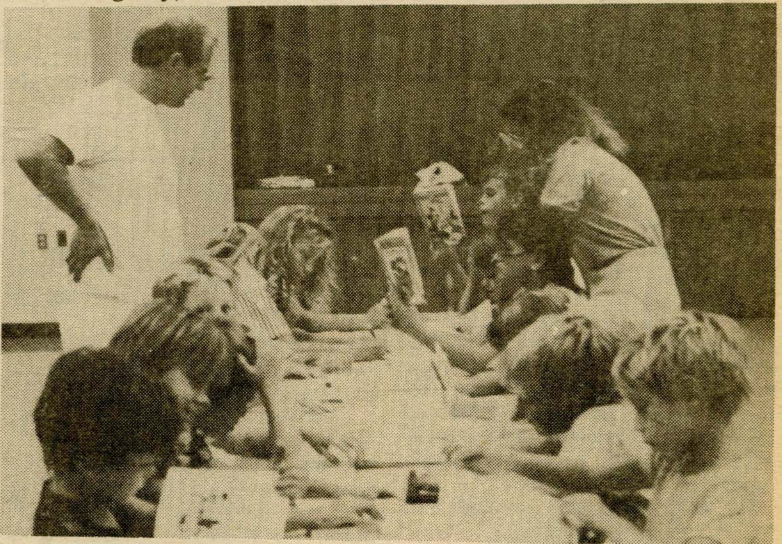
The Clark County Chapter is an overseer of what LifeSpring Mental Health Services, 207 W. 13th Street in Jeffersonville, and Madison State Hospital do. For instance, if a Clark County patient can't afford counseling services, then the chapter helps them pay for it.

October 5-11 is National Mental Health Awareness Week. Its purpose is to make people more aware of mental health.

Veronica Conlin, publicity chairman for the chapter, said, "People shouldn't be embarrassed about going to a mental health center because it is an illness just like any other illness.

A United Way Allocation and Review Committee, composed of volunteers, spends over 500 hours each year reviewing requests for volunteer agencies such as the Clark County Mental Health Assocation. They review the need for the agency, and then submit recommendations to the board of directors for consideration and approval.

This year, United Way allocated $7,000 to the Clark County Chapter; next year the chapter will receive $1,500 more because of its growing need.



Staff photo by Suzanne Latimer

CHILDREN WORK ON HOMEWORK during study time during YMCA After School Program at Northaven Elementary School. The program encompasses six local schools with pick-up and delivery to Northaven, and the YMCA in Jeffersonville. Children have various daily activities such as art, sports, discussion groups, and field trips.

The YMCA offers a Schools' Out Program

Mary Steed is a working mother. She works at Smith's Furniture as an office manager and her husband is an LGE (Louisville Gas and Electric) operator.

So how do they find time to care for their seven-year-old son, Brian?

They take him to the School's Out Prgram offered by the the YMCA in Jeffersvonville.

"Brian really likes outdoor activities. We wanted him to learn swimming, basketball and soccer. They do so much for the children," said Mrs. Steed of the YMCA on Hamburg Pike in Jeffersonville.

She added, "I don't hear any complaining. He is willing to get up and go. He has met new friends and looks forward to going to the program.

"Being a working parent makes it tough to teach him the things he learns at the YMCA. You, as a parent, don't have the time that you want to give him," Mrs. Steed said.

Mary Miller is also a working mother. She works as an office manager for Denny Transport, Inc. She has her five-year-old daughter, Sara, enrolled in the YMCA program, also.

She said, "Sara went to the kindergarten camp this summer on a trial basis. We were very pleased, and so we investigated what they offered during the school year. They pick Sara up from Sacred Heart Elementary School in the afternoons, and she has lunch with a complimentary beverage."

Sara plays board games with other children her age in the program, and is involved with the organized activities. Once she went on a field trip to Hap's Airport in Sellersburg. Another field trip is being arranged to be a routine monthly thing.

"It provides good care for he after kindergarten — good enviroment — and positiveness. They have an excellent staff who are sensitive to the childrens' needs," Mrs. Miller added.

But these women are not alone. Three years ago, according to statistics, over 50 percent of married women worked away from home. Two years ago that rose 10 percent. Last year the figure rose 5 percent more.

The YMCA School's Out Pr gram offers an alternative to traditional day care for children from kindergarten to fifth grade. The program is offered in cooperation with the Greater Clark County Schools. It is available from school dismissal until 6 p.m. Full-day programs are available from 7 a.m. until 6 p.m. on all school holidays, snow days and teacher in-service days.

Programs are held at the YMCA, Northaven Elementary School, Parkwood Elementary School and Thomas Jefferson Elementary School.

For non-members the fee is $24 per week for children in first to fifth grades. It is $34 per week for kindergarten children. Twenty percent discounts are given to families with more than one child enrolled.

Member families pay $2 less.

Other programs offered by the YMCA are: open gym for guests accompanied by a member; classic exercise programs; aerobics; CPR classes; stop smoking and weight control clinics; security awareness for women; karate; Tae Kwon Do; volleyball; basketball; and gymnastics.

United Way allocation was $35,000 for 1986; next year it will go up $5,000.

Clark County Journal
WEDNESDAY, AUGUST 27, 1986

11 groups receive vacuums

Eleven local non-profit organizations received Electrolux vacuum cleaners through the Clark County United Way yesterday afternoon.

Gifts In Kind is a United Way of America program in which companies can give products to non-profit organizations. The Clark County United Way received notice from the national organization that it could receive a number of vacuums. Local officials, in turn, sent letters to Clark County non-profit organizations asking if they had a need for one.

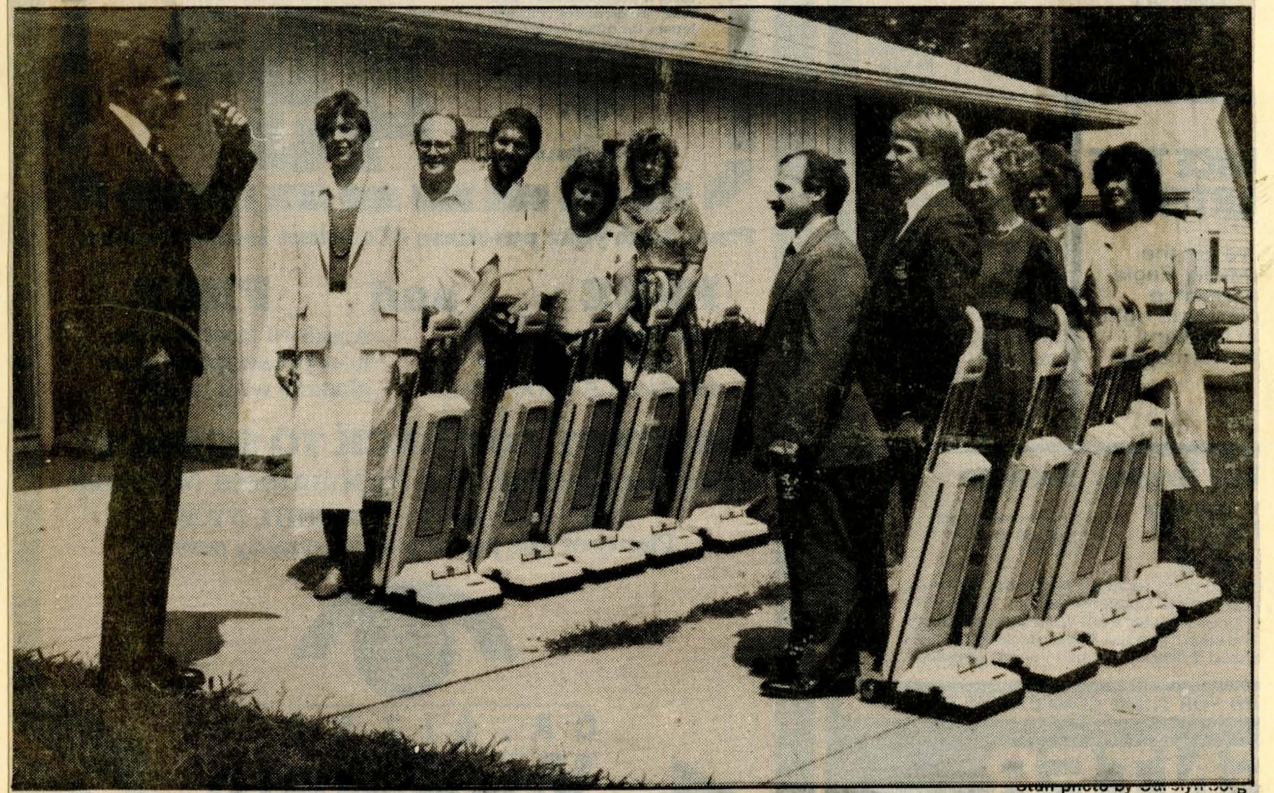
The 11 organizations which responded and received a vacuum are Haven House, Center Place, Rehabilitation Center and Goodwill Industries of Southeastern Indiana, Hoosier Valley Economic Opportunity Center, Clifford Graves YMCA, Clark County Youth Shelter, George Rogers Clark Area Council of Boy Scouts of America, Regional Youth Services, Inc., South Central Indiana Council for the Aging and Aged, New Hope Services and United Way of Clark County.

South Central Indiana Council for the Aging and Aged will use its vacuum in the homemakers program. "This service enables us to perform housekeeping functions for individuals over the age of 60 and also handicapped under 60 who are unable to do their own housework," said Pat Jewell, director. "It is a key program in avoiding or delaying institutionalization of the elderly."

"This is a donation in goods instead of money," said Ray Beaufait, chairman of Clark County United Way. This way money does not have to be used to purchase needed goods, he said.

The Gifts In Kind program works to improve the efficiency of and expand the capacity to provide voluntary services by encouraging in-kind donations as a supplement to financial support. It acts as a broker in assisting corporations to find needy, qualified organizations to receive in-kind gifts.

Electrolux Corporation, a subsidiary of Sara Lee Corporation, has contributed 20,000 upright vacuum cleaners to charities nationwide.



RAY BEAUFAIT, at left, president of Clark County United Way, made a presentation to 11 local non-profit organizations of Electrolux vacuums. At right, front to back, are Joe La Rocca, Graves Center YMCA; John Alline, George Rogers Clark Council of the Boy Scouts; Karen Marshall, Rehabilitation Center and Goodwill Services; Shirley Saegesser, Regional Youth Services; Sherrill Zimmerman, Council for Aging and Aged, Inc., and Ken Ellis Center; at left, front to back: Susan Walker, Hoosier Valley E.O.C. and Haven House; Charles Edds, George Rogers Clark Council of the Boy Scouts; Jim Snook, Clark County Youth Shelter; Peggy Reiter, Center Place; and Bonnie Dietrich, New Hope Services.

UW distributes vacuum cleaners

By LISA STARK
Evening News Lifestyle Editor

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See "United"
Back page, section "A"

• United Way distribution

(Continued From Page 1)

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The Evening News, Jeffersonville, Ind., Friday, August 22, 1986

Staff photo by Carolyn Sorg

RAY BEAUFAIT, at left, president of Clark County United Way, made a presentation to 11 local non-profit organizations of Electrolux vacuums. At right, front to back, are Joe La Rocca, Graves Center YMCA; John Alline, George Rogers Clark Council of the Boy Scouts; Karen Marshall, Rehabilitation Center and Goodwill Services; Shirley Saegesser, Regional Youth Services; Sherrill Zimmerman, Council for Aging and Aged, Inc., and Ken Ellis Center; at left, front to back: Susan Walker, Hoosier Valley E.O.C. and Haven House; Charles Edds, George Rogers Clark Council of the Boy Scouts; Jim Snook, Clark County Youth Shelter; Peggy Reiter, Center Place; and Bonnie Dietrich, New Hope Services.

The Tribune,
New Albany, Ind.,
Friday, Sept. 5, 1986

HAPPY 100TH BIRTHDAY, VIOLA — To make sure Viola Martin's 100th birthday would be a special one, the residents at Wedgewood Manor and The Rhythmairs from the Council For the Aged and Aging celebrated with singing, a big birthday cake and a lot of fun. The party was also to celebrate eight other residents who have birthdays during September. To top Martin's day off, she received a birthday card signed by the President and Mrs. Reagan. Standing from left are Mary Craig, director, Charles Hoke, Ottie Graf, Fern White and Steve La Pierre.

(Tribune Photo by Jackie Harrison

Project SAFE

oct 1986

Public Service Indiana customer services officers will begin taking applications for Project SAFE on Oct. 15 from customers age 60 and older. The state-administered program offers assistance in paying winter heating bills.

Persons age 60 and over can apply at PSI offices, their heating utility, at Hoosier Valley Economic Opportunity Corp. office or the Council for Aged and Aging. All other applicants, age 59 and under, must apply at Hoosier Valley Economic

See "Project"
back page

• Project SAFE begins

(Continued from page 1)

Opportunity Corp. beginning Nov. 10.

Customers who qualified for Project SAFE funds last year still need to apply this year. Applicants need to bring complete documentation of income from each household member, a copy of their heating and electric bills and a copy of their lease if they rent rather than own.

Renters who reside in government subsidized housing will not be eligible for Project SAFE assistance this year.

At the Clarksville office, 1212 Eastern Blvd., persons age 60 and over may apply from 9 a.m. to noon and 1 to 4 p.m., Tuesday through Thursday.

The Evening News, Jeffersonville, Ind., Tuesday, October 7, 1986

Ken Ellis Center plans for fall activities

Fall is traveling time for the Ken Ellis Senior Citizen Center, 211 Martin Circle, Jeffersonville. Sponsored by The South Central Indiana Council for the Aging and Aged, they are planning a trip, October 15 to view the galleries at The Cherry House, in LaGrange, Kentucky. They will leave the center at 10 a.m. and return to the center at 2 p.m. Cost for the trip is $3. Reservation may be turned in by calling the center at 283-7356.

Seniors worked very hard for the river heritage at the Harvest Homecoming. They had a booth and was selling many items made by senior citizens. Among those items was raffled off the afghan made and donated to the center by Mrs. Hazel Rieger. Money made at the festival will be used to make items at the center during the next year.

Monday, October 13, the center will be closed in observance of Columbus Day. Tuesday, October 14, we will have crafts and activities at Claysburg Towers and meal reservations have to be turned in by Friday. The monthly dinner will be the third Thursday and entertainment will be by The Rural Rompers from Saint Matthews. The movie "Best Kept Secret" will be shown and everyone is to bring a covered dish.

Halloween crafts will be made during the month for them to take home and a costume party will be Friday, October 31 at 12:30. Refreshments will be served and a prize will be given for the best disguise.

Guests speakers for the month will be Mr. Cy Gunn and Mr. Maurice Enright on Tuesdays.

For more information on our center call Sue Johnson at 283-7356.

The Tribune,
New Albany, Ind.,
Monday, Oct. 13, 1986

Signups To Begin For Project SAFE

Signups for Project SAFE — Indiana's State Allowance for Energy — begin Wednesday.

Persons, age 60 and older who meet income guidelines, may make application for assistance in paying electric and fuel bills beginning Wednesday at the Public Service Indiana's Clarksville office, 1212 Eastern Blvd. Hours are 9 a.m. to noon and 1 to 4 p.m., Tuesdays through Thursdays. Applications may also be made at the South Central Council for the Aging and Aged, 134 E. Main St.

Home-bound persons may contact the Council to have Outreach persons sent to their homes to assist them in filling out applications.a

All other applicants, ages 59 and younger, must apply at the Hoosier Valley Economic Opportunity Corp., beginning Nov. 10.

Individuals do not receive payments from Project SAFE. Rather the utility or fuel vendor claims a credit against its state retail sales tax. SAFE funds are then sent to the Indiana State Department of Revenue to pay the credited amount of taxes.

Income guidelines for persons ages 60 or older are 150 percent of the Office of Management and Budget poverty guidelines, as follows: household of one, $8,040 gross annual income; two, $10,860; three, $13,860; four, $16,500; five, $19,320; six, $22,140, and seven or more, add $2,820 for each additional person.

Guidelines for those under 60 are 125 percent of poverty, as follows: household of one, $6,700; two, $9,050; three, $11,400; four, $13,750; five, $16,100; six $18,450, and seven or more, add $2,350 for each additional member.

All applicants, regardless of age, must present their most recent utility bill and proof of income when they apply for Project SAFE assistance. Heating and electric bill credits for approved applicants will begin in January.

Applicants who qualified last year, still need to apply this year. They should also bring a complete documentation of income for each household member, a copy of heating and electric bills and a copy of their lease if they rent rather than own.

Renters who reside in government subsidized housing will not be eligible for Project SAFE assistance this year.

The Tribune,
New Albany, Ind.,
Monday, Oct. 6, 1986

Ken Ellis Seniors Plan Trip, Halloween Party

The Ken Ellis Senior Citizens Center will be sponsoring a trip to Cherry House in LaGrange, Ky., Oct. 15. The cost is $3 and reservations can be made by calling 283-7356.

The Center will have a booth in the Harvest Homecoming festival and will be selling items made by the senior citizens. An afghan will be given away. The booth will be located on Pearl Street and proceeds will go to the Center.

The Center will be closed Oct. 13 for Columbus Day. Crafts and activities are planned for Oct. 14 and the monthly dinner will be Oct. 16 with entertainment by the Rural Rompers. The movie, "Best Kept Secret," will be shown and those attending should bring a covered dish.

Halloween crafts will be made at the Center this month and a Halloween costume party is scheduled at 12:30 p.m. Oct. 31. There will be a prize for the best costume.

The Tribune,
New Albany, Ind.,
Monday, Oct. 13, 1986

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Renters who reside in government subsidized housing will not be eligible for Project SAFE assistance this year.

11/3/86

Ken Ellis Center Lists Activities For November

Senior citizens will be making fall and Christmas crafts this month at the Ken Ellis Senior Citizens Center in Jeffersonville. There will be crafts and activities Nov. 11 at Claysburg Towers.

On Nov. 13 there will be a sign-up for Project Safe. Applicants must have proof of income and past utility bills.

The group will be going to the Shelbyville Road Mall in Louisville Nov. 17. The cost of the trip is $2 and reservations are necessary.

Government surplus cheese will be distributed to eligible Clark County residents Nov. 20 at the center.

A Thanksgiving dinner is planned for Nov. 24. Those attending should bring a vegetable or dessert.

Seniors are practicing for a play that will be presented at the Christmas dinner next month.

The center will be closed tomorrow for election day and Nov. 27 and 28 for Thanksgiving.

For more information about any of the November activities, call Sue Johnson at 283-7356.

The Evening News, Jeffersonville, Ind., Wednesday, November 5, 1986

Plans are finalized for November senior citizen activities

The Ken Ellis Senior Opportunity Center, sponsored by the South Central Indiana Council for the Age and Aging, are thankful for the blessings of November.

Work is in full progress for fall and Christmas crafts. The craft for November is sock dolls. Crafts and activities on November 11 will be at the Claysburg Towers and meal reservations must be turned in by November 10. Sign-up for Project SAFE will be on November 13 with proof of income and past utility bills.

A shopping trip to the Shelbyville Road Mall is planned for November 17, leaving the center at 10 a.m. and returning at 2 p.m. The cost for the trip will be $2.00 and reservations must be made in advance.

Senior cheese day will be November 20 and all senior citizens in Clark County are eligible. The annual Thanksgiving celebration will be held on November 24. All in attendance are to bring a dessert or vegetable for the feast.

The senior citizens are planning a religious play for the Christmas monthly dinner and will start play rehearsal on November 19.

The center will be closed on November 27 and 28. For more information about the center call Sue Johnson at 283-7356.

The Evening News, Jeffersonville, Ind., Tuesday, October 14, 1986

Ken Ellis Opportunity Center provides involvement for elderly

The Ken Ellis Senior Opportunity Center, located at 211 Martin Circle in Jeffersonville, is partially funded by the United Way and is sponsored by the South Central Indiana Council for the Aging and Aged.

The center is designed for the older individuals who are able to take care of themselves and just want to get out of the house and be involved in things.

There is no fee for the service.

The center lost $22,573 in federal funding last year because money was allocated to other programs for the elderly. But the center members wrote to Jeffersonville Mayor Dale Orem and asked for his help. The members raised $441 with a dinner and craft sale last year.

The City of Jeffersonville has given $5,000 to the center, and has supported the center for several years. Jeffersonville also gave free use of the building on Martin, which is part of the parks system, and also helps with the utility bills.

C.P. Turner, a member from Clarksville, was quoted as saying, "If I couldn't come to the center, I don't know what I'd do. I guess I'd just end up sitting around at home."

Five days a week Louise Martin, in her 70s, also goes to the center. She goes every morning and prepares lunch for the members.

"It's like getting up and going to work for her. She's that dedicated," said Pat Jewell, spokesperson for the Southern Indiana Council in New Albany.

Seniors from the age of 60 on up are invited to join in the activities offered Monday through Friday from 8 a.m. to 4:30 p.m. Crafts, field trips, bingo, games and projects are just some of the ways the center involves seniors in activities.

Currently, the members are making doll clothes for the Salvation Army, which will be distributed to children during the Christmas season.

There is an exercise program, blood pressure and sugar screenings. There are yearly contests such as a Halloween costume contest for the best costume.

Members go on field trips to places like Opryland in Tennessee. They went to the Indiana and Kentucky State Fairs, and are involved in nursing home visitation as a group.

The members generate money through their activities. This year, money has been raised by the sale of craft items at the center. Also, the members will be selling these crafts from a booth at the Harvest Homecoming next year. There will be six to seven members who will put in time in the booths along with the staff.

Also in the works is the Green Thumb Worker Program. It helps people over 55 get employment. Green Thumb is a national program that allows individuals to work for community services and non-profit agencies such as senior centers, the school system, etc. The idea is to help seniors upgrade or develop job skills and find unsubsidized employment.

The attendance has grown at the center. Last year it was 20 to 30 people. This year the figure is 30 to 40.

United Way has given $7,000 to the program this year; next year that figure will go up by $2,000.

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The Evening News, Jeffersonville, Ind., Wednesday, December 3, 1986

Plans are finalized for winter programs on adult literacy

One out of every five Americans cannot read or write well enough to function in today's society.

Because 20 percent of our population needs help in reading or functional literacy skills, the Indiana Department of Adult and Continuing Education asked each adult education center in Indiana to implement a volunteer tutoring program for adults. In Clark, Floyd, and Harrison counties, the program began in the fall of 1985 under the direction of the Adult Learning Center of the New Albany-Floyd County Schools. In 1986 an additional grant was received from the Indiana Department on Aging and Community Services.

In order to make senior citizens aware of the literacy problem and the way in which they can help, the South Central Indiana Council for the Aging is sponsoring a series of programs on adult literacy at the following places and times:

Thursday, Dec. 4, 12:15 at Yellowwood Terrace Nutrition Site, Clarksville;

Monday, Dec. 8, 12:15 at Claysburg Nutrition Site, Jeffersonville;

Wednesday, Dec. 10, 11:45 at Mark Elrod Nutrition Site, New Albany;

Thursday, Dec. 11, 12:15 at Frenchtown Nutrition Site;

Monday, Dec. 15, 12:15 at Austin Nutrition Site.

These programs are being held in conjuntion with the noontime nutrition meals and reservations can be made by calling the nutrition site directly or the main office at 948-8873.

Adults who need help with survival skills for everyday living or who want to improve their reading, math, and language art skills can attend the Adult Learning Center or one of their satellite centers. The adults are paired with tutors. All materials are free.

Volunteers who are interested in tutoring adult students attend a training session before being matched with an adult student.

For further information, call the adult Learning Center at 949-4255 or the Council for the Aging at 948-8330

The Evening News, Jeffersonville, Ind., Monday, December 8, 1986

Ken Ellis Center finalizes plans for holiday programs

December is a very busy month at the Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville, festivities and programs for the month start with the Salvation Army honoring the many seniors that dressed dolls for little children. This year the center dressed 60 dolls. Other guests are invited and a style show will take place, Tuesday, December 9. All seniors have been asked to attend the holiday health festival at Trinity Methodist Church between 10 and 3. Free test, programs, and a light meal will be offered. The health festival is sponsored by The South Central Indiana Council for the Aging and Aged and The Floyd County Memorial Hospital, Thursday, December 11. Linette Legette will give a program on the common cold and tips on cold weather Thursday, December 18. Wednesday, December 17, children from Spring Hill choir will make their annual visit entertaining the seniors. Blood pressure check will be at 11 on December 18.

The annual Christmas party will be on Monday, December 22. This year we are fortunate to have the Pee Wee Valley First Baptist Church mass choir performing at 1 p.m. under the direction of Rev. William Locke of Jeffersonville. Along with this fine program we will have Margie Gribbons on a night before Christmas Santa games. Everyone is to bring a dish and also enjoy a beautiful play from the Ken Ellis Players.

Along with the many programs of the month we will be making many Christmas crafts and decorations. If you are a senior come and join us as we are at the center five days a week from 10-2. For more information call Sue Johnson at 283-7356.

Staff photo by Carolyn Sorg

JEFFERSONVILLE MAYOR DALE OREM signs a proclamation for Home Care Week, Nov. 30 through Dec. 6. Witnessing thesigning are, seated, Pat Jewell, executive director of South Central Council for the Aging and Aged, and standing, JoAnn Dome, director of the Visiting Nurses Association of Southeastern Indiana. In proclaiming the official observance, all citizens are urged to honor the dedicated professionals who provide home care services to the ill, within the comfort and security of their own homes.

The Evening News, Jeffersonville, Ind., Monday, Dec(The E(

Two local agencies take part in National Home Care Week

This week, November 30 through December 6, has been designated National Home Care Week by the United States Congress, the State of Indiana and the city of Jeffersonville. In proclaiming the official celebration, elected officials call on all citizens to honor the dedicated professionals who provide home care services to the ill, within the comfort and security of their own homes.

This marks Visiting Nurse Association of Southeastern Indiana, 10th anniversary as a non-profit United Way agency, working directly with the patient's physician to provide the quality and continuity of care the *home patient needs.*

Skilled nursing, home aide, therapy and case management services are provided to the patients based on their annual income, if they are not eligible for services under Medicare, Medicaid, and private insurance. They are the only home care agency in Clark, Floyd, Harrison, Scott and Washington counties certified and receiving Title XX (state and federal funds) to provide home care to patients, according to their ability to pay.

Their personnel are available 24 hours a day-seven days a week to provide the professional care the home patient needs and deserves, providing a variety of services such as patient and family teaching, foley catheter care, bloodwork, intravenous therapy, surgical dressing changes, walker training, helping to secure medical supplies and equipment and personal care which includes assistance with bathing, hair care, etc.

But — that is only part of their contribution to the health and well being of the communities they serve. In addition to home care, VNA of Southeastern Indiana also provides health awareness programs for employees in the workplace. Wellness Motivation programs are adapted to the individual employee's needs and may include such programs as stress management, exercise programs, nutrition and evaluation of employee's lifestyles.

For years their organization, as a public service, has provided speakers and slide presentations on stress management, nutrition, exercise programs, as well as high blood pressure, diabetes, and other health related topics.

VNA also offers, to all residents in their five county service area, an opportunity to become a member of their newest program, "The Good News Club." The club is designed for the general public, to increase awareness of positive health habits no matter what one's age.

Each member of VNA's Good News Club receives a membership card which entitles them to free written health information upon request. They also receive a newsletter, The Good News Review, every two months, which contains not only health updates, but a calendar of local upcoming events, free activities and community services. There is no cost or obligation for membership.

For more information regarding the services provided by VNA of Southeastern Indiana, please call 1-812-288-2700 or 1-812-824-2502.

The South Central Indiana Council for the Aging and Aged, a United Way agency receiving federal, state and local funds provide a multitude of services, offering assistance to their clients, enabling them to remain within the comfort and security of their own homes.

Their nutrition program provides hot mid-day meals to 16 meal sites in their four county area as well as providing delivered meals to the homebound. Transportation to meal sites, doctors, shopping areas and other locations as well as casemanagement, homemaker, handyman, and health facility pre-admission screening helps prevent unnecessary placement in nursing homes by providing assistance on a short or long term basis.

Community services employment training is available to income eligible persons 55 and older enabling them to receive pay while participating in employment training programs at local community service organizations. Assisting eligible clients in applying for Medicare benefits heating assistance funds and offering legal assistance through the Legal Services Organization is another important contribution to the health and happiness of the clients in their four county area.

VNA of Southeastern Indiana and The South Central Council for the Aging and Aged are proud to share in this joyous celebration of National Home Care Week by providing services that keep families together. Home care is quickly becoming the choice of a new generation seeking high quality, cost effective alternatives for themselves and/or their families.

For more information regarding services provided by The South Central Council for the Aging & Aged, please call 1-812-948-8330.

REST IN PEACE

The Tribune,
New Albany, Ind.,
Tuesday, Dec. 9, 1986

PAUSING FOR A BRIEF MOMENT — Members of the Ken Ellis Center in Jeffersonville held a special program, sponsored by the Salvation Army and the South Central Indiana Council for the Aging and Aged, Inc. to reward them for their help in the Christmas doll dressing program. After certificates were passed out to those who worked on the project a special "Fashion Brief" program was presented by fashion coordinator and models from the council on aging. Thelma Bertrand, left, described the fashions of these two models, Elsie and Elmer Middleton. Elmer kind of got caught in his original "Fruit of the Looms".

(Tribune Photo by Don Beck)

Evening News, Jeffersonville, Ind., Thursday, January 15, 1987 5

Upcoming activities at the Ken Ellis Senior Activities Center

Ken Ellis Senior Citizen Center, 211 Martin Circle, Jeffersonville, is starting the new year out right by keeping busy with activities for the seniors.

Seniors 60 or older can attend the Adult Learning Classes at the Center each Monday for free classes on reading, writing and arithmetic. Adult Basic Education Classes can open the door for seniors for high school completion, a better job, wiser consumer habits and increase your self-esteem. Classes are being offered each Monday from 2-3:30 and transporation is provided.

The monthly dinner will take place Thursday, Janaury 15 and the main program will be by Rev. Hodge from the Fifth Street Baptist Church, Louisville. His topic will be memories of Martin Luther King Jr. A sing-a-long and games will also take place. The Center will also be closed Monday, Janaury 19 to honor Martin Luther King Jr.

Many crafts will be made through the month in order to get ready for a spring bazaar and dinner which will take place in April.

Reservations are being taken now for the annual trip to the Shrine Circus in Louisville. Tickets are free but there is a transportation charge. We will attend the first week in February.

For more information call Sue Johnson 283-7356. All activities are sponsored by The South Central Indiana Council For the Aging and Aged Inc.

The Evening News, Jeffersonville, Ind., Monday, December 8, 1986

Holiday Health Festival

Floyd Memorial Hospital and the South Central Council for Aging and Aged have teamed up to sponsor the 1986 Holiday Health Festival for Senior Citizens.

Free Screenings - Hearing, Blood Pressure, Pulmonary Function, Cholesterol and TB Testing

Free Light Lunch

Give-aways

Mini-talks on Various Health Topics

Information Describing Area Health Resources

The Holiday Health Festival will be held December 9, 1986 from 10:00 am to 3:00 pm at the Trinity United Methodist Church, 2796 Charlestown, Rd., New Albany, Indiana.

For more information about the Holiday Health Festival call the Floyd Memorial Education Department at 948-6726.

fmh Floyd Memorial Hospital

1850 State Street, New Albany, Indiana 47150 (812)944-7701

Staff Photo by Paul Schuhmann

SPEAKING OF FRIENDS: Opal Smith of Austin and Arthur Woerz of Scottsburg talked yesterday during the holiday Health Fair at Trinity United Methodist Church on Charlestown Road in New Albany.

Holiday Health Festival Set

Floyd Memorial Hospital and the South Central Council for Aging and Aged have teamed up to sponsor the 1986 Holiday Health Festival.

The Festival is slated to be held at Trinity United Methodist Church on Tuesday, Dec. 9, from 10 a.m. to 3 p.m.. The offering will provide free health screenings and a wide array of information describing area health resources.

Denise Gardner, R.N., director of special programs for Floyd Memorial Hospital, is serving as program chairperson for the event.

"There are more than 6,000 seniors in Floyd County alone," Gardner said, "and we want to have a special event for them to show what health resources are available close to home. Statistics show that we have an aging population and we want to do more for seniors in this area."

The Holiday Health Festival will offer information on simple methods of treatment for illnesses typically associated with aging. Methods of relieving stress and coping with pain are just two of the special displays at the festival.

Free screenings available will include hearing, blood pressure, cholesterol, TB testing and pulmonary function. Colorectal screening will be offered at a slight charge. Mini-talks on various health topics will be conducted throughout the day.

Numerous give-away items will be available as well as health information publications from such organizations as the American Heart Association, Social Security, the Legal Service Organization, the Floyd County Parks and Recreation and the Interfaith Community Council.

Demonstrations on exercise and daily living activities will be conducted at various times throughout the day, as well.

"Seniors are not commonly thought of as being under a great deal of stress, but that's not true," Gardner said. "The process of aging brings on constant changes and challenges that are tremendous sources of stress for many people. On top of that, the government is constantly changing the rules for Medicare health coverage for seniors just when they'll begin using more health resources than any ofher time in their lives.

"There are a lot of simple ways to make living with aging easier and we want the seniors in this area to know what's out there just for them," she said.

A free light lunch will be provided for persons attending the Holiday Health Festival.

Persons interested in learning more about what will be offered during the Holiday Health Festival should contact the Floyd Memorial Hospital Education Department at 948-6726.

1-26-87

REWARDED FOR PROGRAM — A special award from the Indiana Department of Education was presented to the South Central Indiana Council for Aging and Aged, Inc., for contribution to adult education on the community level. The council's program works with the school's adult education to enable senior citizens who want to upgrade various skills such as reading, spelling and math. There are 15 seniors enrolled in the classes, which are held at the Ken Ellis Center in Jeffersonville. Tommie Paul, director of Adult Education, right, presents the award to Nancy Shiner, program developer for the Council for the Aging and Aged.

(Tribune Photo by Don Beck)

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, Dec. 21, 1986

GETTING THAT HAPPY FEELING — It left a warm and happy feeling inside for Thelma Bertrand, left, Jerry Bigenho, center, and Lt. Jerry Johnson, right, when they saw the smiling faces of these children when they gave them dolls and stuffed animals for Christmas. Bertrand is coordinator of the doll dressing program by the Council on Aging who had help from the Ken Ellis Center in Jeffersonville, RSVP members and Pilot Club who get these items ready for the Salvation Army each year. Bigenho is minister of music at Wesley Chapel United Methodist Church, which sponsors a Teddy Bear Tree each year through its men's and Sunday school classes. Johnson is the director of the Salvation Army. The children, students at Rauch Center, are Sarina Daugherty, Shawn Lacy and Travis Smith. There were 200 dolls, and 195-stuffed animals distributed to children at the Rauch Center, Silvercrest Childrens Development Center and the Salvation Army Toy shop.

(Tribune Photo by Don Beck)

THE LOUISVILLE TIMES, MONDAY, JANUARY 5, 1987

Costs may put brakes to ride service for elderly

By GREG OTOLSKI
Staff Writer

NEW ALBANY Iola Brown opened the door to the station wagon and waited for Kenneth Sizemore to get her walker out of the back so she could go see her doctor Friday.

Sizemore, who works for the Council for Older Americans, has been driving Brown from New Albany to Louisville for free for about a year to see the doctor who has been caring for her since her left leg was amputated.

For Brown, 67, and about 1,000 other elderly residents of Clark, Floyd, Harrison and Scott counties, the council is their only source of transportation.

But a lack of money could force it to reduce services for the second year in a row.

Bobbie Napier, director of the council, said it had to cut back the number of hours it could provide transportation last year and made it through without a debt only because of a $10,000 emergency grant from Metro United Way. The council, a social-service agency based in New Albany, received about $160,000 in federal funds in 1986, $10,000 from Metro United Way and $10,000 from private contributors, Napier said.

The federal funds won't increase this year, and it isn't likely that the council will get $20,000 more in private contributions, she said.

"The problem is our federal funding has stayed the same for the past four years now, but costs keep going up and our vehicles need to be repaired and some need to be replaced," she said.

Napier said most of the vehicles have more than 100,000 miles on them and one station wagon has more than 300,000.

The annual insurance costs for the council's 15 vans and station wagons have more than tripled in the past three years, from $6,000 to $21,000.

"It was bad in 1986, and it will probably be worse in 1987," Napier said. "The only way to make ends meet is to cut back on some of the services."

One of the cuts will be elimination of the home-service program, which provided light housecleaning.

The council also operates six activity centers and, although Napier said she doesn't expect any reductions there, she said federal funding for the centers has been in jeopardy for two years.

"The main thing we're concerned about is transportation," Napier said. "The majority of our clients are women, many whose husbands have died. They can't drive, and they don't have any family around to take them to the doctor's office or the grocery store."

Sizemore, who has been driving

See **COSTS MAY**
Back page, col. 1, this section

Costs may put brakes to ride service for elderly

Continued from Page One

for the council for three years, said he was working seven to eight hours a day Monday through Friday when he began. Last year, however, because of dwindling finances, the workday for the council's 12 drivers, who make $3.80 an hour, was reduced to four hours.

"We used to be able to take them wherever they wanted to go just about whenever they wanted, but we can't do that anymore," Sizemore said. "We've cut out trips to the shopping mall and have limited trips to the grocery store and bank to once a week. It was hard on some of them."

Brown, who said she has not been able to drive since her leg was amputated, said her income comes from Social Security and a small pension from working 11 years at a drugstore.

"I'm on a tight budget," she said. "I couldn't afford to take a cab every time I needed to go somewhere. I've been going to Louisville once or twice a week for the past year to go to doctors and to get adjustments made to my artificial leg."

"I really depend on the council and their drivers to get around," she said.

Thelma Jackson, 77, who doesn't drive and lives in the country about six miles north of Memphis in Clark County, said her husband, Ellis Jackson, 80, has been ill recently and she has depended on the council for many of her rides.

"I have a friend who takes me shopping nearby, but when I've got to go to the hospital or the doctor I call the council," she said.

Brown and Jackson said the travel cuts so far haven't been too hard on them, but they have to be careful in scheduling their activities to make sure they can get a ride.

"I'm getting by all right, but I'd be in trouble if they had to cut back much further or had to stop giving rides," Jackson said.

Sizemore, of Otisco, said the cutback in hours has been hard on the drivers also.

"This job is how I make my living," Sizemore said. "I've put a few applications in at some factories, and if a better-paying job came along I'd have to take it."

Napier said the council is searching for ways to raise money. She said it has applied to Metro United Way and hopes to receive funds on a permanent basis from the agency beginning in 1988.

Napier said the council also plans an aggressive fund-raising campaign throughout the four counties, and some of the techniques may be slightly out of the ordinary for a social agency.

"We've been working on donation cans and we've been kicking around the idea of taking them not only to clubs and businesses and churches, but bars," she said. "We'll take the money wherever we can get it."

She said the council also is remodeling its New Albany office and is prohibited from using federal funds. She said the agency needs carpeting and hopes to find a business or individual to donate some.

Anyone wanting to contribute to the Council for Older Americans can call 948-2877.

TARC offers senior, handicapped services

At its February 20 meeting, the Board of Directors of the Transit Authority of River City voted to continue its free fare program for senior citizens for three months.

The three month extension will permit TARC to conduct a study to determine whether the free fare program meets the needs of the elderly community.

The free fare program, available to TARC riders 65 years and older, will continue to be offered Monday and Friday, between 10 a.m. and 3 p.m. The program was implemented six months ago, at the request of Commissioner Irv Maze and County Government.

To take advantage of the program senior citizens must have a valid TARC photo identification card. Cards can be purchased for 50¢ at TARC headquarters. Proof of age is required.

Since the program was implemented, senior citizens ridership during the free periods has increased 26 percent. Also, since this program began in September 1986, TARC has provided close to 2,000 new identification cards to senior citizens.

Also at the meeting, the Board of Directors of the Transit Authority of River City approved the award of a one-year contract to Yellow Systems Inc. to provide an interim fixed-route accessible service.

The service could begin as early as Monday, March 2, 1987. It will be a modified demand-responsive service available only to those who require the use of a wheelchair at least until TARC receives 52 new wheelchair lift-equipped buses. The lift-equipped buses are scheduled to be in service by the Spring of 1988.

The new service will be called ACCESS and the van-type vehicles will be equipped to carry two wheelchairs each. The special telephone number for ACCESS is 634-0414.

The fare for ACCESS will be 35¢ cash or one (1) TARC handicapped strip ticket.

ACCESS will operate along any of TARC's existing routes. Passengers must schedule a trip in advance and will be picked up and delivered to any existing TARC coach stop.

By offering ACCESS, TARC hopes to provide more mobility to wheelchair users in the community.

To acquaint potential users of this service, TARC will conduct a training session on February 26, 1987, beginning at 11 a.m. on the Fourth Avenue Mall outside the Convention Center on the Market Street side.

The Evening News, Jeffersonville, Ind., Friday, February 27, 1987

Staff photo by Carolyn Sorg

METEOROLOGISTS TOM WILLS spoke to senior citizens at the Ken Ellis Senior Opportunity Center, Jeffersonville. The topic of discussion was weather conditions at different locations throughout the United States.

2-25-87

Page 2 — THE CORYDON DEMOCRAT

First column

An occasional column of anecdotes and odds and ends, compiled by The Corydon Democrat news staff.

SOUTH HARRISON Community Development (SHCD) Corp.'s nutrition program now serves about 45 persons daily through home delivery and at the Nutrition Site in Elizabeth. The program, begun July 29, is run entirely by some 45 volunteers, including kitchen and delivery workers, said SHCD Chairman Walter Carter. Hot meals, furnished by the South Central Indiana Council on Aging and Aged in New Albany, are served at the meal site and delivered to qualifying homebound persons each weekday, Carter said, adding that drivers now cover 75 miles daily on two routes. Expenses, such as gasoline and vehicle maintenance, are borne by the corporation, Carter said.

March

Council For The Aging Plans Trip To Indianapolis May 1

The South Central Indiana Council for the Aging and Aged Inc. will sponsor a trip to Indianapolis May 1 to participate in Governor Orr's proclamation of May as Older Americans Month. After the proclamation ceremonies at the Capitol rotunda, the trip will include a stop at Union Station.

The trip is open to persons 60 years of age or older and residents of Clark, Floyd, Harrison or Scott counties. The tour bus will leave at 8 a.m. and will return approximately 5 p.m.

The trip fee of $8.50 will be accepted at the main office, 134 E. Main St., on March 30 and 31. The fee cannot be refunded and no advance reservations will be accepted. For further information, call 948-8330.

The Evening News, Jeffersonville, Ind., Monday, March 2, 1987

March is busy for area senior citizens

March means a busy time for the Ken Ellis seniors, 211 Martin Circle, Jeffersonville. April 10, they will be having a spring bazaar and turkey dinner sponsored by the South Central Indiana Council for the Aged and Aging from 10-2. They are preparing for this big event by making sockimals, moneys, butterflies, chicks and bunnies, comforts, ect.

March trip for the month will be to the new mall in Clarksville Towne Center on Monday, March 9 and Wednesday, March 25. They will tour the Frito-Lay Plant in Louisville and enjoy dinner at Ryans. Cost for this trip is $2.

Thursday, March 19 will be the monthly dinner and at 10 TARC bus will be there to give free passes to the seniors if they are 65 or older and they must have proof and a Social Securty number. Mrs. Pam Robbins from the Clark County Extension office will speak on cholesterol and sodium at 11. Blood pressure will be taken and the Silvertones under the direction of Mary Morey will entertain. If you are a senior bring a dish and come enjoy the fun. Bingo will be at 1.

In the next few months the group will be taking trips to Opryland and seniors can take a ride on the General Jackson. Also in May a trip to Union Station and to the Rotunda to see the Governor starting the celebration of Older Americans Month is planned.

Tuesday, March 10 crafts and activities will be at Claysburg Towers dining room. Shamrocks will be made and exercise will be given at 11. Dinner reservation must be turned in by Monday at noon, March 9.

The Evening News, Jeffersonville, Ind., Friday, March 13, 1987

United Way honors those who served in 1986 campaign

By MARGARET ABBY
Evening News Staff Writer

Raising eight percent more than last year, the United Way of Clark County presented numerous awards to special contributors and volunteers at its annual meeting and appreciation dinner last night.

The campaign topped its $650,000 goal for 1986 with a total of $677,000 raised for the 19 agencies which receive operational funding from the drive through the year.

A special award was presented to Iva and Field Snodgrass, who were instrumental in the Clark County Girl Scout organization almost 50 years ago. They were especially recognized for their founding of Camp Honor Bright in Clark County.

Snodgrass, who is in his mid-90s, said, "In the name of Camp Honor Bright we're most happy. And it is appropriate that today is the day that the first charter was issued for the Girl Scouts of America."

Other awards were presented to the following companies and employee groups for their outstanding support of the 1986 cam-

Colgate-Palmolive Co.; Indiana Bell; American Commercial Barge Line; United Parcel Service; Paper Products, Inc.; Brockway Plastics; Clark County Memorial Hospital; CommerceAmerica Banking Co.; ICI Americas Inc.; Kroger Stores in Clarksville and Jeffersonville; Wilson Elementary School; and Wyandotte, Inc.

Awards were presented to 97 other organizations for their participation and support of the campaign.

Following the presentation, officers were elected for 1987. They were: President Bob McIntosh, Schuler Realty and WXVW Radio Station; First Vice President Rich Thomas, CommerceAmerica; Second Vice President Welby Edwards, State Farm Insurance; and Treasurer Sandra Hayes, Clark County Memorial Hospital.

As new president, McIntosh said that the United Way has a goal of doubling its capacity over the next five years. For next year, though, he made a few recommendations. He wants to have every volunteer to recruit a new volunteer or new contributor over the year. He joked, "That would mean that after nine years, everybody in Clark County would be involved in the United Way."

For 1987 McIntosh wants to see more young people involved in United Way and he wants to establish a new needs assessment for the distribution of money allocated to the various agencies.

But McIntosh said, "I think we do a good job to help the agencies. But it's not just the money that solves the problems, it's the people."

In response to that, McIntosh wants to organize "brain storming" sessions with agencies to better solve community problems.

The 19 members of the United Way which will be receiving the funding collected in the campaign are: American Red Cross, Clark County Chapter; The Arthritis Foundation; Big Brothers-Big Sisters of Kentuckiana; Boy Scouts of America, George Rogers Clark Area Council; Center for Lay Ministries; Clark County Help Line; and Hospice of Southern Indiana.

Also, Ken Ellis Center; Kentuckiana Girl Scout Council; Mental Health Association, Clark County Chapter; New Hope Services, Inc.; Personal Counseling Service; Retired Senior Volunteer Program; Salvation Army; Rehabilitation Center; Southern Indiana YMCA; United Cerebral Palsy, KIDS Center; Visiting Nurses Association of Southeastern Indiana; and the YWCA Spouse Abuse Center.

The Evening News, Jeffersonville, Ind., Wednesday, March 11, 1987

'Senior Games' planned in Clark, Floyd Counties

By LISA STARK
Evening News Staff Writer

After meeting last week, the newly-formed commission of the Senior Games of Indiana got a lot of basic questions answered.

Senior Games, which will be offered throughout the state, will be held in both Clark and Floyd counties and mini-games in Scott and Harrison counties, said Thelma Bertrand, a member of the commission and of the local council.

Also, she said, they want to make the games mobile to get local nursing homes involved. This will be offered by the South Central Indiana Council for the Aging and Aged, Inc., which serves the four-county region.

Senior Games of Indiana is open for participation to men and women 55 or older who have passed a doctor's physical and who have signed up for the games. You may register by sending in a registration form. For more information about signing up, contact the South Central Indiana Council for the Aging and Aged, Inc., 134 E. Main St., New Albany, or by calling 948-9161.

The Senior Games of Indiana is being sponsored by Blue Cross and Blue Shield of Indiana and the individual area agencies on aging. Each area agency sets its own dates, time and place for the events.

The purpose of the games is to maintain and improve the health and wellness of Indiana's older adults. It will provide a competitive athletic and recreational experience for older adults, focus attention on the importance of regular exercises, and provide an opportunity for socialization.

The commission for the games has recommended to each agency a core of games and finalized rules for each sport. While it is the commission's intent to follow playing rules as established by the commission each individual area agency may make modifications or revisions that are in the best interest of entrants.

Participants are encouraged to enter as many events as possible. However, these games have not been selected as yet. A list has been made available of games being considered. The games selected will be determined by the greatest response by seniors. The list includes golf, miniature golf, bowling, tennis, 2-mile walk, swimming, dance contest, fishing, pool, horseshoes, archery, air gun, bridge, euchre, and checkers.

According to Bertrand, the commission wants to have a variety of core events to allow someone to advance to state competition. Qualifications for the U.S. National Senior Olympics will be in Indianapolis at the Indy Senior Classic Senior Games May 13-16.

The cost of entering the Senior Games of Indiana is set by each individual agency. For each event, a gold, silver and bronze medal will be awarded. Locally, there will be opening and closing ceremonies, said Bertrand. Also, she is trying to raise enough funds for T-shirts for each participant.

The Senior Games of Indiana is being organized by the Indiana Commission for Senior Games, which is working in a cooperative effort with representatives from Blue Cross and Blue Shield of Indiana and representatives from individual area agencies on aging. The commission is composed of 18 representatives. The commission sets the tone of the statewide games and recommends core events for each site.

A sum of $5,000 has been contributed by Blue Cross and Blue Shield of Indiana. However, other contributors are needed, said Bertrand.

The Evening News, Jeffersonville, Ind., Monday, March 2, 1987

100 years old? Centenarians to be recognized

By LISA STARK
Evening News Staff Writer

Know someone who will be 100 years old or older this year? The South Central Indiana Council for the Aging and Aged Inc., is seeking the names of people from Floyd, Clark, Harrison and Scott counties to be recognized on May 1 during a program at the State Capitol Building in Indianapolis.

Centenarians from around the state will be recognized at that time by Gov. Robewrt D. Orr at special ceremonies by presenting certificates in their names. The ceremonies will be part of the proclamation of May as Older Americans Month.

Patricia Jewell, executive director of the Council for the Aging and Aged, will accept these certificates for those unable to attend the ceremonies. According to Nancy Shiner, who is taking names at the council, there ware 19 identified and believes another four or five centenarians will be identified for 1987.

"For the most part, they are in convalescent centers," said Shiner. Celebrating their 103 birthdays last year, who were recognized with certificates, were Lillia Harris at Hillcrest Nursing Home in Jeffersonville, Amelia Crandell at Green Valley Convalescent Center in new Albany, and Rachel Faith at the Corydon Nursing Home.

Names should be submitted by March 15 to the council's office, 134 Main St., New Albany, or by calling 948-8330.

3/4/87

Local planning for Indiana senior olympics underway

By LISA STARK
Evening News Staff Writer

Serving on the newly formed Senior Games of Indiana Commission is Thelma Bertrand, representing the New Albany office of the Council for the Aging and Aged. The commission will develop uniform rules and regulations for the events to be held by the 16 regional councils.

The commission is made up of representatives from a variety of organizations serving older Hoosiers. The Senior Games program is being sponsored troughout the state by Blue Cross and Blue Shield of Indiana in an effort to promote greater awareness of the benefits of healthier lifestyles and physical activitiy among Medicare-age Hoosiers.

According to Bertrand, the commission is at the forming stage. On Thursday, the commission will be meeting in Indianapolis. One of the primary goals of this meeting will be to choose the events. Some of those Bertrand mentioned were cycling, golf, volleyball, basketball throw, two-mile walk and football throw.

To be eligible to compete in the national Senior Games, at least one core event must be offered at the local level. According to Bertrand, the commission wants to have a variety of these events to allow someone to advance in competition.

Senior Games will be offered in both Clark and Floyd counties with mini-games being held in Scott and Harrison counties, Bertrand said. This is the four-county region the local Council for the Aging and Aged serves.

Also, she said, they want to make the games mobile to get local nursing homes involved.

A sum of $5,000 has been contributed by Blue Cross and Blue Shield of Indiana. However, other contributors are needed, Bertrand said.

"From our perspective, the Senior Games should prove a wise investment. Any activity that promotes wellness, sensible physical activitiy and reduces illness will pay off in the long run, and not just for us as insurers. It will pay off in longer, healthier and happier lives for those we serve," said Alfred G. Marino, senior vice president of the consumer division of Blue Cross and Blue Shield.

According to Senior Games Commission chairman Steve Patrow of Evansville, they hope Indiana will eventually hold a state-wide Senior Olympics finals for winners from the various regional events. He said the commission plans to develop uniform rules for all events from strenuous athletic competition to such things as checkers and euchre contests.

3/18/87

Trip scheduled for senior citizens

The South Central Indiana Council for the Aging & Aged, Inc. has announced a special trip to Indianapolis to participate in Governor Robert Orr's Proclamation of May as Older Americans Month. The trip will be May 1. After the proclamation ceremonies at the Capitol Rotunda, the tirp will include a stop at Union Station.

The trip is open to persons 60 years of age or older who are residents of Clark, Floyd, Harrison or Scott Counties. The tour bus will leave at 8 a.m. and will return at approximately 5 p.m. The trip's fee is $8.50 and will be accepted at the main office, 134 E. Main St., New Albany, on Monday and Tuesday, March 30 and 31.

The fee cannot be refunded and no advanced reservations will be accepted. For further information, call 948-8330.

The Tribune,
New Albany, Ind.,
Wednesday, Apr. 22, 1987

Turning The Tables On Day Care Provides Solution For Children Of Elderly Parents

By AMY WILSON

Linda, an area resident, lived with her father who was 82 when he died almost a year ago.

She worked eight hours a day, five days a week, and was responsible for the care of this parent, enabling him to remain in his own home, even though his health was failing over the last few years of his life.

"He could handle a lot of daily activities by himself, but he would occasionally have dizzy spells, and fall," said Linda. "While I was at work, I worried about him being alone all day. One time, I came in and found him lying on the living room floor. He had fallen, and hit his head on a piece of furniture at least an hour earlier."

Recognizing the problems grown children face in caring for a parent and holding down a job at the same time, Providence Retirement Home set up an adult day care center in July of 1985.

According to Sister Barbara Zeller, administrator at Providence, the center has already served 23 individuals over the age of 50.

Open Monday through Friday, from 8:15 a.m. to 4:30 p.m. in the retirement home's Jansen Hall, the center provides what Zeller refers to as "a respite for caregivers," as it "prevents premature institutionalization."

The adult day care center is free of charge to those who qualify on an income basis. For others, the average cost per hour is $2, with a hot noon meal priced at $3.

Although built primarily on a social model, a registered nurse is on hand at the center to monitor the program's participants, and to administer medication. Lunches and snacks are planned by a consulting dietician, with seven therapeutic diets available.

Participants in the program enjoy a wide range of activities, which include exercise, dancing, arts and crafts, games, pet therapy, and even outdoor gardening in the facility's courtyard.

They receive instruction on daily living activities, such as grooming and dressing. Instruction is also given in the use of adaptive equipment, such as eating utensils, walkers, wheelchairs and canes.

The hearing and sight capabilities of participants is evaluated, and the center arranges for further testing and fitting if any problems are detected.

"The center provides camaraderie for participants," said Zeller. "Usually, it is the very depressed person who benefits the most from being here, because it's basically an opportunity for him or her to socialize with others."

Although adult day care may be a new concept to many, programs such as this were implemented almost 25 years ago in Britain. "There are about 1,000 adult day care centers in the United States," said Zeller, "and this is certainly a feather in our cap for Southern Indiana."

She added, "Usually, the health of those in the program improves, both mentally and physically."

"I believe there are many still out there who could benefit from the adult day care program. It's a wonderful service for caregivers," Zeller commented. "We just need to educate the public more about it, and I believe it will be embraced."

SEWING AND FRIENDSHIP — Vickie Hearn, left, director of the adult day care center at Providence Retirement Home, shares a sewing project with Ruby Pumphrey, a participant in the program. Open almost two years, the center provides a respite for caregivers, and enables participants to socialize with others in their peer group.

(Tribune Photo by Amy Wilson)

The Tribune, New Albany, Ind., Monday, Apr. 6, 1987

New Criteria Adopted In Search For Older Hoosier Of The Year

The South Central Indiana Council for the Aging & Aged, Inc., is now accepting applications for the 1987 Area 14 Older Hoosier of the Year Award.

New criteria for the candidates' resumes and interview sessions have been developed to more accurately reflect the purpose of the award: to recognize an outstanding Hoosier for a lifetime of service to the community and to encourage continued service.

The new criterion for the award is accomplishments related to service to the community. It takes into account accomplishments and services related to all fields in a person's lifetime rather than emphasizing just work with the elderly and senior program.

In addition to the new criterion, the person selected for the local award must be 65 years of age or older and reside in Clark, Floyd, Harrison, or Scott counties. Each candidate will be interviewed by local judges.

The local award recipient will become an applicant in the 15th annual Indiana Older Hoosier of the Year Award. This is the highest honor bestowed on a senior citizen by the Indiana Department on Aging & Community Services. It will be presented by Governor Orr at the 1987 Governor's Conference on Aging in October.

Past winners of the local award include Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe, John Brogan, Mildred Sanders, and Austin Schellenberger.

For further information and an application, contact the Council for the Aging at 948-8330. Deadline for applications is May 8.

4/7/87

READY FOR EASTER BAZAAR — Members of the Ken Ellis Center in Jeffersonville are ready for their annual Turkey Dinner and Easter Bazaar which will be held Friday from 10 a.m. to 2 p.m. with dinner served at 11 a.m. The center is sponsored by the South Central Indiana Council for the Aged and Aging. New Albany members of the center are shown with some of the items for the bazaar. From left seated, Mardell Wakeland, Blance Russell, and Freddie Stokes. Standing from left, Eva Woos, Ludie Gunn, Louise Morton, Gertrude Johnson, Hattie Johnson, Alberta Ziegler, Christine Alexander and Mary Riggins.

(Tribune Photo by Don Beck)

5/3/87
Tribune

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4/14/87

Applications currently being taken for older Hoosier of the year

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Games' planned in Clark, Floyd Counties

By LISA STARK
Evening News Staff Writer

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Also, she said, they want to make the games mobile to get local nursing homes involved. This will be offered by the South Central Indiana Council for the Aging and Aged, Inc., which serves the four-county region.

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THE COURIER-JOURNAL
LOUISVILLE, KY.
WEDNESDAY,
APRIL 22, 1987

Ladies Home board bequeaths its treasury to groups serving elderly

By DAVID GOETZ
Staff Writer

JEFFERSONVILLE, Ind. — A venerable Jeffersonville matron has passed quietly away, leaving a $125,000 legacy to several local charities.

The board of directors of the Ladies Home Inc., founded in 1907 to care for aging women, officially dissolved the nonprofit organization last week.

They directed Jeffersonville attorney Jack Vissing to distribute the money in the corporate treasury among several agencies serving the elderly and closed the books on a Clark County original.

"It was a unique thing," Vissing said yesterday. "It wasn't a nursing home. It was more like a community living arrangement."

Except for a brief shutdown during the 1937 flood, the home offered care and companionship to its residents for 77 years. In December 1984, faced with the need for extensive renovations, the board closed the doors, finding homes for the six women living there.

"They wanted to stay, but it was impossible for us," board president Neloise Kendall said. "We didn't have the money to fix the place up."

Kendall said she had no idea how many women had lived at the home since it opened but added that it "had to be in the thousands."

After an unsuccessful attempt to sell the home at 330 W. Market St., the board donated it to the Hoosier Valley development agency, and the renovated structure became the Haven House shelter for the homeless.

Haven House will receive $25,000 from the board, and Hoosier Valley another $10,000 to help pay for its outreach services, which identify needy people and help them find permanent housing.

The money will enable Haven House to cover its $55,000 first-year budget, said Barbara Anderson, director of community services for Hoosier Valley.

Another $35,000 grant will go to the South Central Indiana Council for the Aging, which provides such services as Meals on Wheels and transportation for the elderly.

The Center for Lay Ministries will get $20,000 for its emergency rent and utilities fund. Another $10,000 will go to Clark County Memorial Hospital for its Lifeline communications service that keeps aging and infirm patients in touch with the hospital.

Hospice of Southern Indiana, which provides support for people who wish to die in their homes, will receive $10,000, and the rest will go to the Salvation Army.

The $125,000 in the Ladies Home treasury was "sizable, but not enough to do all that was needed," Kendall said, and the money has earned interest since the home closed.

THE COURIER-JOURNAL
LOUISVILLE, KY.
THURSDAY,
MAY 21, 1987

3 Floyd County agenci preparing to help need survive the summer heat

By GREG OTOLSKI
Staff Writer

NEW ALBANY, Ind. — Summer is still a month away, but the summer-like weather has arrived and three Floyd County agencies will soon begin lending fans and air conditioners to the needy.

Woody Miller Jr., service center manager for the American Red Cross in New Albany, said the Allied Seasonal Assistance Program will begin taking applications for fans and air conditioners May 27.

Miller said needy people with health problems that are aggravated by the heat and humiditywould get top priority and that they would need a medical statement from their physician.

"If anyone needs an air conditioner they should make plans to get a statement from their doctor soon, because the air conditioners go very fast," Miller said. "There are a lot people who need them and not enough to go around."

Second priority in the program will be low-income residents, he said.

Miller said those receiving air conditioners and fans will get to keep them for the summer and must return them to the agencies in the fall.

The Allie [illegible] ssistance Program, which bega [illegible] s sponsored by the American [illegible] the Family Service Bureau and [illegible] l on Aging.

The Red [illegible] Family Service Bureau, both [illegible] 17 E. Main St., have 42 air cond [illegible] d 21 fans available, Miller said.

Those ag [illegible] lder should apply for assistance w [illegible] uncil on Aging, 134 E. Main. Pat Jewell, executive director of the council, said it has 14 air conditioners and 40 fans.

"With the temperature already getting close to 90, we've already had several requests," Jewell said.

The Council on Aging will also provide transportation for elderly residents who want to apply.

Miller said the agencies need more money to buy more fans and air conditioners. He said they are also willing to accept used equipment if it is in good condition.

Donations can be made at any of the agencies.

Anyone who wants to make a donation or who has questions about the program may call the Red Cross at 944-6741; Family Service Bureau, 944-6120; or the Council on Aging, 948-8330.

Page 8A The Tribune's Senior Citizen's Edition, New Albany, Ind., April, 1987

Senior Games Will Make Its Debut In 1987

Hoosiers 55 years of age and older are eligible to participate in the first-ever Indiana Senior Games later this year, according to Blue Cross and Blue Shield of Indiana and the Indiana Area Agencies on Aging, co-sponsors of the Games.

Each of the state's 16 Area Agencies will conduct Seniors Games this year, with competition at most sites to include archery, bowling, cycling, golf, horse shoes, swimming, table tennis, tennis, track and field, volleyball, billiards, shuffleboard, two-mile walk, football, softball and basketball throws.

Each Area Agency will set its own dates, times and places for their Games, and not every area will conduct competitions in each of the Games listed above, but will modify that list in the best interests of the entrants, says Alfred G. Marino, a Blue Cross and Blue Shield senior vice president.

"The Games promote wellness and sensible physical activity," Marino said. "Taking care of oneself and exercising regularly can result in longer, healthier and happier lives. We hope the Senior Games of Indiana contribute to that."

To participate, senior citizens must have passed a doctor's physical examination and must register with their local area agency. Participants are encouraged to enter as many events as they wish. Each Area Agency will set entrance fees for participants.

The Senior Games will also include competition for nursing home residents in some areas. These Games would include wheelchair races and checkers, among others.

"We are trying to provide the motivation and opportunity for as many senior Hoosiers as possible to par-

(Continued From Page 9A)

anapolis; George Brown, Miller, News Media Co tant (317-263-4618).

THE INDIANA WEEKLY, WEDNESDAY, JULY 15, 1987

New Albany seamstress named area's Senior Queen

Photo by Mike Fisher

Wilma Albin, a seamstress who founded a support group for widows, says of being Area 14 Senior Queen, "I think it's wonderful. But I'm really not much on publicity."

Her work with widows brings recognition

By JOHN C. PILLOW
Indiana Weekly Staff Writer

Wilma Albin, 74, works full time as a seamstress and is an active member in DePauw United Methodist Church, Altrusa International, the Gamma Chi Sorority and the New Albany Order of Eastern Star — yet she still has found time to organize a support group for widows.

Because of that dedication the South Central Council for the Aging & Aged named Albin the 1987 Area 14 Senior Queen.

(The Council for the Aging, located at 134 E. Main St. in New Albany, is affiliated with the Indiana Department of Human Services. The council serves Area 14, which is Clark, Floyd, Harrison and Scott counties.)

The award is given each year to a woman, 65 or older, from Area 14 who is active in community service. Albin will compete against 14 women for the Indiana State Senior Queen title, to be held on Aug. 21 in Indianapolis during the Indiana State Fair.

Nancy Shiner, the program developer, said the staff at the Council for the Aging is excited about Albin's chances in the state competition. "We are very happy to have her as a representative," Shiner said. "In the 14 years that the contest has been in existence, we never had a winner from Area 14, but this time we think we got one."

The other finalists for the award were Bessie Walls, Ola Thornton and Marie Reasor. The women were interviewed by a panel of five judges. Grading was on a scale of 100 with a maximum of 40 points for achievement, 20 for personality, 25 for interview, and 15 for question-and-answer. A similar format is set for state competition.

About the honor, Albin said, "I think it's wonderful. But I'm really not much on publicity."

As Senior Queen for Area 14, Albin received a plaque and will represent the Council for the Aging at community events such as New Albany's Harvest Homecoming. The state winner will receive a plaque and other prizes, according to Shiner.

Albin was nominated by Altrusa International, a service group for professional women. She is past president of Altrusa and is still an active and dedicated member, according to the group's current president, Edna Holz.

Holz said Albin genuinely cares for other people. "She is very cooperative and will do anything that you ask," Holz said. "She is a person who follows up on things, and she'll work hard to help other people."

Holz also believes that Albin will bring the state award home to New Albany. "We have nominated people before, but this is our first winner. Her work with the Merry Widows is so impressive."

Albin, a widow for 23 years, formed the group because of her own experiences. "When Arlyn died I just adjusted by staying busy," she said.

The Merry Widows was started in March of 1984 with 11 members. Now the group has more than 100 members, most of whom are from Floyd County but some of whom are from Clark County.. An average of 50 or 60 people attend the group's monthly luncheons at Tommy Lancaster's Restaurant. "We are not organized or anything; we just have a guest speaker or maybe a singer and pay for their lunch."

Attendance isn't mandatory for club members. "Now, they don't all come. Some of them come a time or two. Some of them never miss. But I don't push it. It's quite a nice thing to do. The women have met new friends. They are shopping together, eating together. It has been such a rewarding thing that I haven't minded the extra work."

Speaking of work, Albin said she has no plans to retire from her job as the manager of alterations and fittings at the Fashion Shop in the Green Tree Mall. She has been there for 19 years.

"There are very few seamstresses. It's a profession that the young people don't want to do. They don't make a lot of money and they don't have enough patience."

"When you are a seamstress you never really retire. If you quit, you would probably do work at home."

Albin has no plans to slow down on her community-service projects, either. "As long as you have two good eyes and two good arms, you can do my work," she said.

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, June 28, 1987

KISS FOR A QUEEN — Wilma Albin, left, received a kiss from Woody Miller, service center manager for United Way Resource Center, during the area 14 queen contest held at Yellowwood Terrace. Five contestants were interviewed by judges — concentrating on their community service participation. Miller was the master of ceremonies at the crowning event.
(Tribune Photo by Jackie Harrison)

Page 6 THE BANNER-GAZETTE, Wednesday, July 15, 1987

Wilma Albin chosen Area Senior Queen

Wilma Albin, the South Central Indiana Council for the Aging & Aged, Inc., has been chosen the 1987 Area 14 Senior Queen.

Mrs. Albin is an active member of Altrusa International, Gamma Chi Sorority, Depauw Methodist Church, and New Albany Chapter of Eastern Star. Mrs. Albin has made a unique contribution to the community by organzing the Merry Widows–a support group for widows. The group meets monthly and have over 100 members.

Mrs. Albin is employed as a professional seamstress and fitter and enjoys traveling, crafts, sewing, history, and music. She has one son and three grandchildren.

Other women considered for the title were Bessie Walls, who was named first runner-up, Ola Thornton, and Marie Reasor.

Mrs. Albin will participate in the Indiana State Senior Queen Contest on Aug. 21 in Indianapolis as part of the Indiana State Fair.

The Evening News, Jeffersonville, Ind., Saturday, July 18, 1987 5

Staff photo by Jack Norris

THE SOUTH CENTRAL INDIANA COUNCIL FOR THE AGING AND AGED, INC. and the Visiting Nurses Association of Southeastern Indiana sponsored a blood sugar testing program at Clark Arms Apartments, Jeffersonville. Pictured above are Helen Comer, Louise Miller, Della Walker, Gloria Flowers, Hebert Ray, Vicki Vallejas, and the nurse.

The Sunday Ledger-Tribune, New Albany, Ind., Sunday, Aug. 2, 1987 Page 3A

Senior Citizens Day At Fair

The South Central Indiana Council for the Aging & Aged, Inc., is sponsoring Area 14 Day at the Indiana State Fair on Thursday, Aug. 27. Local musicians will be providing the entertainment on that day in the Senior Citizens Building.

A trip to the state fair and then to the Music Palace in Indianapolis is being planned for persons 60 years of age or older and residents of Clark, Floyd, Harrison or Scott counties. Air conditioned buses will leave various pick-up points at 8:30 a.m. (EDT) and will return at approximately 6:30 p.m.

The trip fee is $12 and includes transportation and ticket into the fair. It does not include meals. The trip fee will be accepted at the main office, 134 E. Main St., New Albany, on Monday, Tuesday and Wednesday. The fee cannot be refunded. For more information, call 948-8330.

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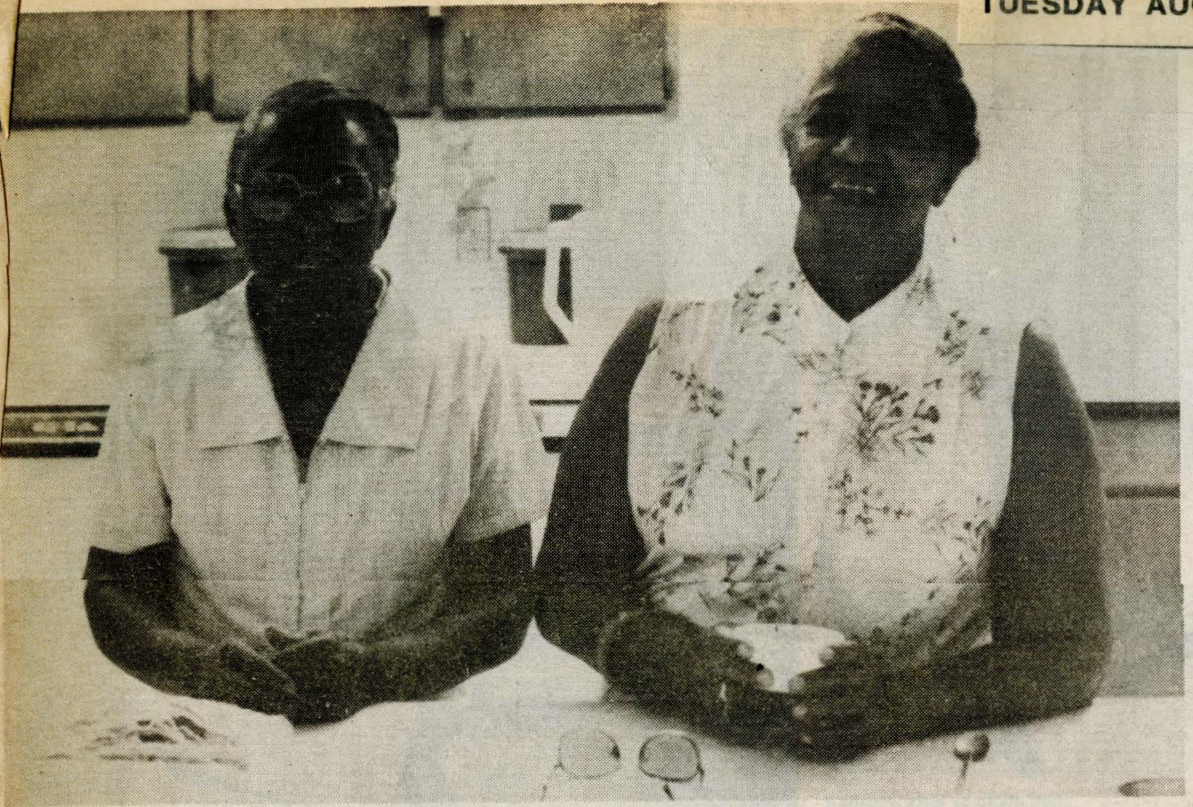
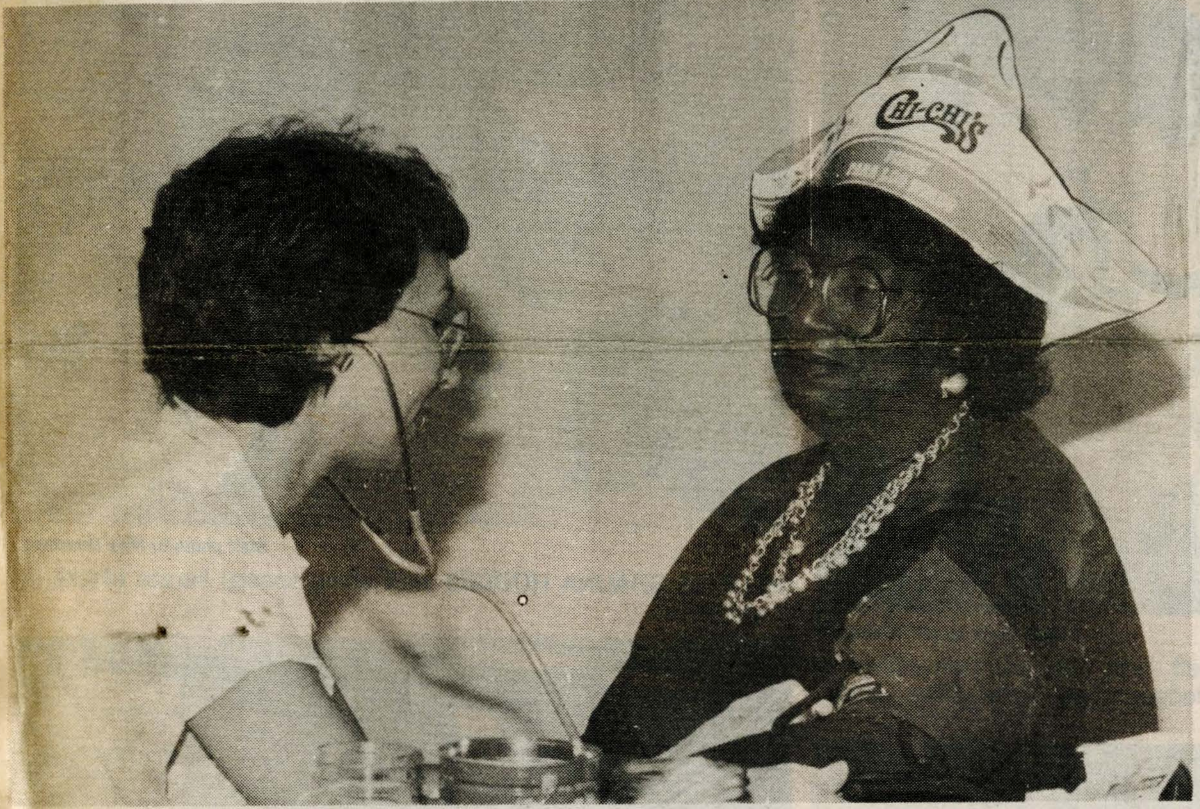
TUESDAY AUGUST 18, 1987



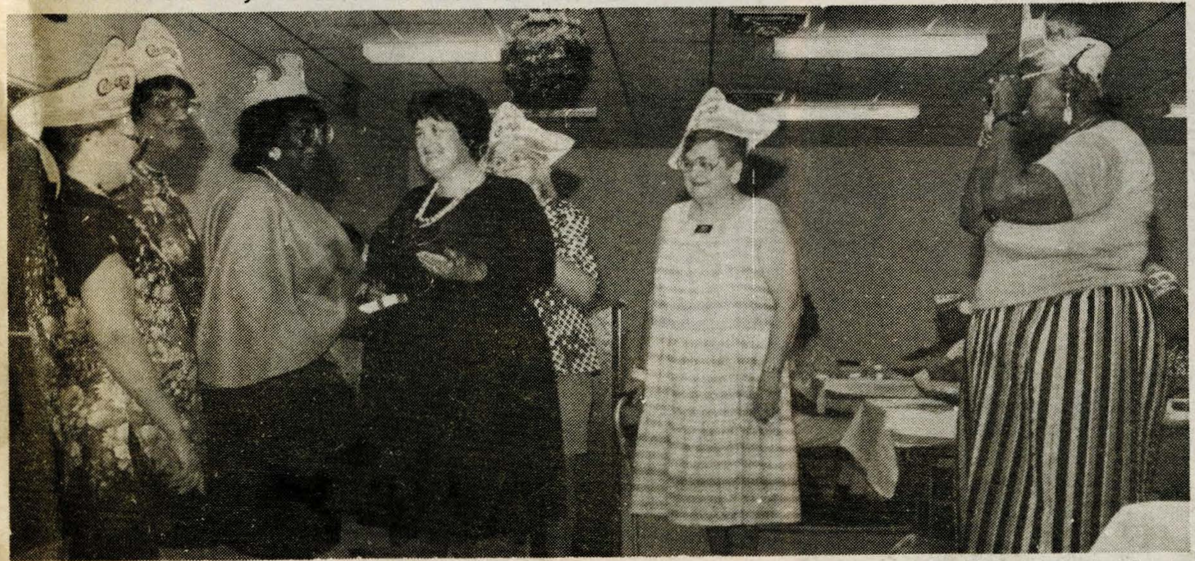
Staff photo by Jack Norris

WAITING TO SERVE LUNCH at the Ken Ellis Center are Ludie Gunn and Louise Martin. The South Central Indiana Council for the Aging and Aged, Inc. sponsors a luncheon program and crafts for senior citizens, daily, at the Ken Ellis Center.



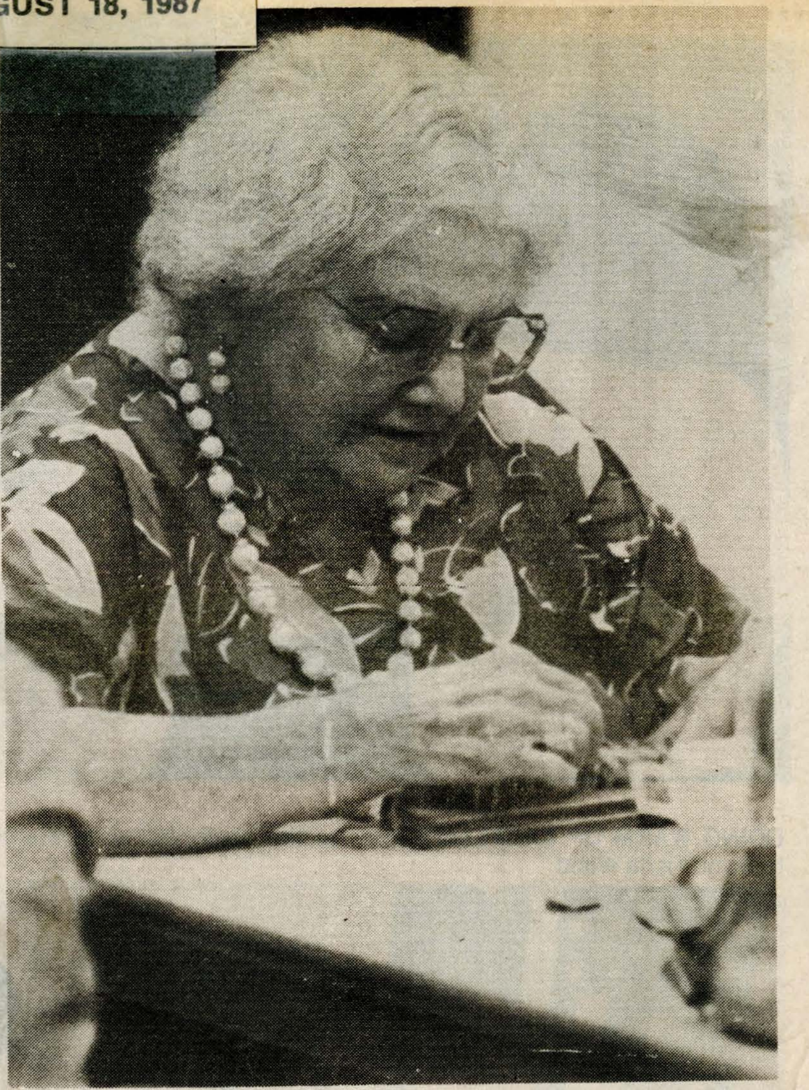
Staff photo by Jack Norris

TAKING THE BLOOD PRESSURE of Bessie Walls is Vicki Valligas. Different activities for senior citizens are held daily at the Ken Ellis Center.



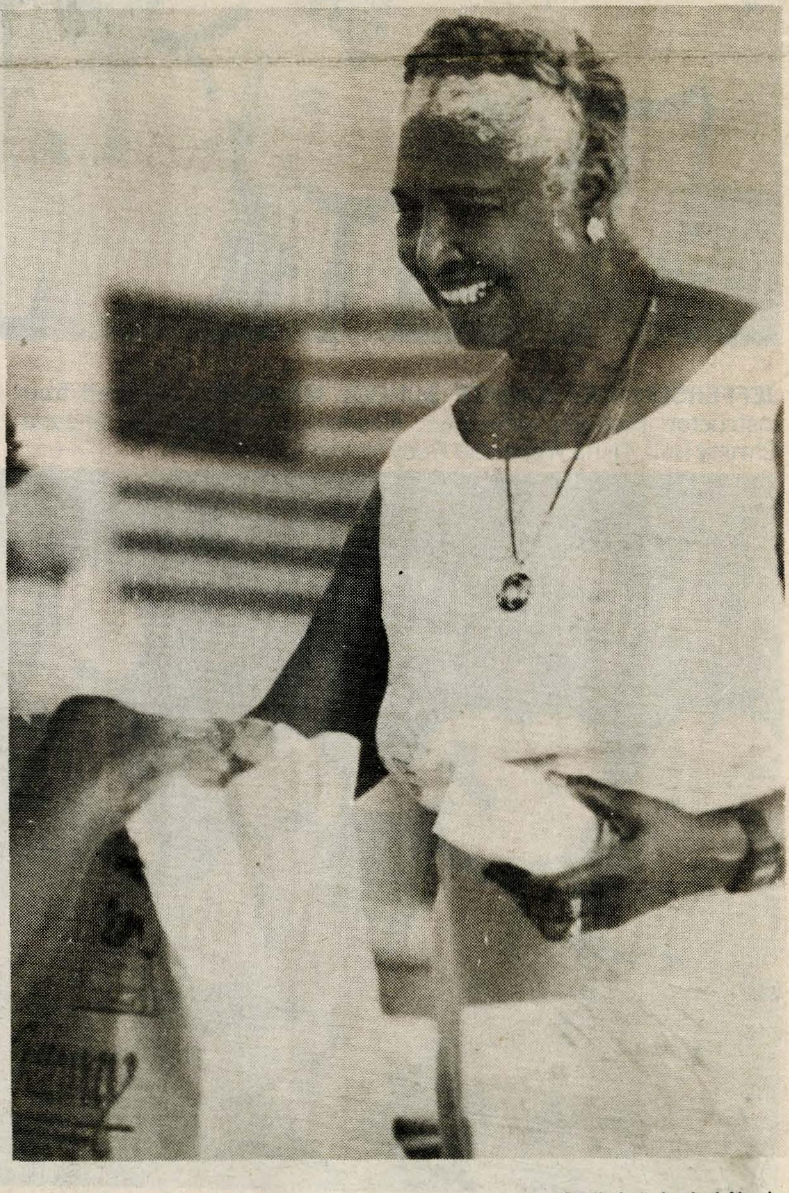
Staff photo by Jack Norris

A MEXICAN DINNER, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. was held at the Ken Ellis Center. Pictured from left are Ann Vermylion, Eva Mitchell, Bessie Walls, Sue Johnson, Edna Hightower, Wanda Burch and Gertrude Taylor.



Staff photo by Jack Norris

WORKING ON A NEEDLE POINT PROJECT is Elizabeth Alexander. Senior citizens can work on individual projects or together on a group project.



Staff photo by Jack Norris

GERTRUDE TAYLOR, a worker at the Ken Ellis Center, helps with the daily craft projects.

The Tribune,
New Albany, Ind.,
Tuesday, Aug. 4, 1987

Ken Ellis Center Planning Trips To Two State Fairs

During August the Ken Ellis Senior Citizens Center will be making crafts for the Harvest Homecoming booth. Other activities will include spiritual awareness, exercise classes, bingo, bowling and trips to the Indiana and Kentucky state fairs.

The trip to the Kentucky State Fair will be Aug. 24. Nancy Shiner at the South Central Indiana Council for the Aging and Aged has information on the Indiana State Fair.

The monthly dinner will be Aug. 20. It will be a pitch-in salad dinner and the Rainbow Pupeteers from Graceland Baptist Church will perform. There will be a free blood pressure check.

The center will be closed Sept. 21-23 during a trip to Gatlinburg, Tenn. Reservations and money for the trip are due by Aug. 15. A cruise on the Belle of Louisville also is being planned in September.

For additional information about any of the center's activities, call Sue Johnson at 283-7356.

The Tribune,
New Albany, Ind.,
Wednesday, Aug. 19, 1987

Ellis Seniors Will Take To Gatlinburg, Tenn.

m the Ken Ellis Senior
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followed by a meal at
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ic is planned Sept. 17 at
Park in New Albany.
to Gatlinburg, Tenn., is scheduled for Sept. 21-23. It will include stops in Pigeon Forge and Brookside, Tenn., and at Dollywood amusement park.

Crafts are being made this month for the Harvest Homecoming booth. Other activities at the Center include spiritual awareness on Mondays and bingo and exercises on Tuesdays and Thursdays. The Center will be closed Labor Day.

For additional information about any of the activities, call Sue Johnson at 283-7356.

The Evening News, Jeffersonville, Ind., Saturday, August 29, 1987

Ken Ellis Center schedules activities for fall season

As the fall weather comes about on us seniors at the Ken Ellis Senior Center are busy getting ready for the annual harvest homecoming booth in October. Many crafts are being made such as Jenny Lynn dolls, baskets, jewelry, bibs, wood craft and holiday items.

Second Tuesday of the month they will leave the center at 11, eat dinner and enjoy free bowling at Youngstown Lanes. Many are bowling who haven't bowled in years. Other September trips are to the new Ryans Restaurant after a cruise on the Belle of Louisville September 16. Cost for the trip is $4 and there's a few openings for this trip. An ole fashion picnic will be enjoyed September 17. At the community park in New Albany. This is an annual event all bring your fishing pole, bread for ducks and a covered dish for our dinner. Transportation is provided by calling 948-9701.

September 21, 22, 23, travel to Gatlinburg, Tennessee by American Coach and enjoy the Smokey Mountains. Tuesday the 22nd, tour Pigeon Forge visiting the ole mill and one of the largest outlet malls. All have an option of visiting Dollywood and a country show. Wednesday, Brookside and tour other things of interest before heading home. Forty-seven will enjoy the trip staying at the Rodeway Inn. If you are going, travel light and bring a sweater as the nights get cool.

If you're a senior come enjoy the fun at the center. Spiritual awareness is offered on Mondays, Tuesday and Thursday bingo and exercise. All events are sponsored by The South Central Indiana Council for the Aged and Aging.

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Page 4 THE BANNER-GAZETTE, Wednesday, September 16, 1987

Eligible area residents may apply for Project SAFE assistance

A number of agencies are serving as locations through which eligible area residents may receive assistance with their heating bills this winter.

Following is a list of counties and the locations where applications will be processed.

Clark, Floyd and Harrison: South Central Indiana Council for the Aging and Aged, Inc. 134 E. Main St., New Albany; phone 948-9161. Hoosier Valley Economic Development Corporation, 510 Spring St., Jeffersonville; phone 288-6451.

Washington: Hoosier Uplands Economic Development Corporation / Area 15 Agency on Aging, 521 W. Main St., Mitchell; phone 849-4457 or 800-826-7871.

Now entering its eighth heating season, Indiana's State Allowance for Energy (Project SAFE) is geared toward assisting elderly and low income Hoosiers in paying electric and fuel bills, according to Jean Merritt, from the Indiana Department of Human Services, which administers the program.

There will be two start-up dates for the 1987-88 heating season. Persons 60 years of age and older who meet income guidelines may apply for assistance beginning Monday, Sept. 21. Older persons who are homebound may apply by contacting the area agency on aging. *Outreach workers will be sent to* their homes to assist in completing applications.

Heads of household who are 59 years of age or younger and who qualify may apply for Project SAFE assistance beginning Monday, Nov. 9. Their applications will be accepted only at Community Action agencies.

All applicants must present their most recent utility bill and proof of income when they apply for assistance. Heating and electric credits for approved applicants will begin in January, 1988.

Individuals do not receive payment from Project SAFE. Instead, the utility or fuel vendor claims a credit against its state retail sales taxes. SAFE *funds are then sent to* the Indiana State Department of Revenue to pay the credited amount of taxes.

Income guidelines for persons age 60 or older are 150 percent of the Office of Management and Budget poverty guidelines. Income guidelines for those 60 and over are:

Household of 1, gross annual income of $8,250; household of 2, $11,100; household of 3, $13,950; household of 4, $16,800; household of 5, $19,650; household of 6, $22,500. An amount of $2,850 should be added for each additional household member.

OMB income guidelines for those under age 60 are 125 percent of the poverty guidelines. They are:

Household of 1, gross annual income of $6,875; household of 2, $9,250; household of 3, $11,625; household of 4, $14,000; household of 5, $16,375; household of 6, $18,750. For each additional household member, an amount of $2,375 should be added.

Those who are 60 years of age and older will receive a letter of eligibility. However, they must apply again to qualify for SAFE benefits.

Those who rent dwellings can also qualify for assistance during the 1987-88 heating season. Those tenants whose fuel and electric services are included in their rent payments must, however, have an affidavit from their landlord (which stipulates fuel and electric services are included in rent payments) when they apply for aid from Project SAFE.

A total of 143,962 households were served by Project SAFE during the last heating seascn.

9/87

8 The Evening News, Jeffersonville, Ind.

The Ken Ellis Center offers opportunities

The Ken Ellis Senior Opportunity, located at 211 Martin Circle in Jeffersonville, is partially funded by the United Way and is sponsored by the South Central Indiana Council for the Aging and Aged.

The center is designed for the older individuals who are able to take care of themselves and just want to get out of the house and be involved in things.

There is no cost for the service.

The center lost more than $20,000 in federal funding two years ago because money was allocated to other programs for the elderly. Close to $500 of that money was raised through a dinner and craft sale.

Recently, the City of Jeffersonville has given $5000 to the center, and has supported the center for several years. Jeffersonville also gave free use of the building on Martin, which is part of the parks system, and also helps with utility bills.

Five days a week, Louise Martin, who is in her 70s, also goes to the center. She goes every morning and prepares lunch for other members.

"It's like getting up and going to work for her. She's that dedicated," said Pat Jewell, spokesperson for the Southern Indiana Council in New Albany.

Seniors from the age of 60 on up are invited to join in the activities offered Monday through Friday from 8 a.m. to 4:30 p.m. Crafts, field trips, bingo, games and projects are just some of the ways the center involves seniors in activities.

Currently, the members are making doll clothes for the Salvation Army, which will be distributed to children during the Christmas season.

There is an exercise program, blood pressure and sugar screenings. There are yearly contests such as a Halloween costume contest for the best costume.

Members go on field trips to places like Opryland and Gatlinburg in Tennessee. They also go the Kentucky and Indiana State Fairs, and are involved in nursing home visitation as a group.

The members generate money through their activities. This year, money has been raised by the sale of craft items at the center. Also, the members will be selling these crafts from a booth at this year's Harvest Homecoming. There are six to seven members who put in time in the booths along with the staff.

A Green Thumb Worker Program is being planned to help people over 55 get employment. Green Thumb is a national program that allows individuals to work for community services and non-profit agencies such as senior centers, the school system, etc. The idea is to help seniors upgrade or develop job skills and find unsubsidized employment.

Attendance has remained steady at the center, averaging between 20 and 40 each day.

United Way gave $9000 to the center last year and will donate $11,000 for its 1988 budget.

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, Sept. 13, 1987

Georgetown News Notes

By Jane Kaiser 951-3466

Nutrition Program For Seniors Opens Sept. 28

The South Central Indiana Council for the Aging and Aged Inc., in cooperation with Georgetown Christian Church, invites all to attend the grand opening of the Georgetown Senior Citizens Nutrition Program.

The program will be conducted at Georgetown Christian Church, beginning Sept. 28 at noon.

To make a meal reservation, call 948-8330. Reservations must be made no later than 1 p.m. Sept. 25.

The cost for persons 60 years of age or older and their spouse, regardless of age, is a suggested donation of $1. Persons under 60 years old pay the full meal cost of $3.

THE BANNER-GAZETTE, Wednesday, September 2, 1987 Page 3

Cereal company donates to PSI "Helping Hand"

The makers of Almond Delight brand cereal have donated $2,000 to help needy utility customers pay their bill this winter.

The Ralston Purina company's $2,000 grant was to Public Service Indiana's "Helping Hand" program. In the past, Helping Hand money came solely from PSI shareholders.

"With additional funds from Ralston Purina, we should be able to help even more people in 1988," said Bill Kirchoff, director of customer services at PSI. Last winter, the utility helped 4,022 elderly and disabled PSI customers pay their bills.

The Almond Delight grant is part of a national program designed to recognize the work of local utility funds.

"The grant program was developed in conjunction with the Almond Delight 'Free Utilities' promotion," said Sandy Harrington, a spokesperson for the cereal company. "In September, every 15th box of Almond Delight will have a check enclosed to help pay for utilities."

The Tribune,
New Albany, Ind.,
Thursday, Sept. 10, 1987

Two Programs Will Assist Senior Citizens

We keep hearing about the "Graying of Our Community" with reference to the increasing number of senior citizens.

We think the Floyd, Clark, Harrison counties area is an excellent place to live and raise a family, so why wouldn't it be a nice place to retire? We have excellent facilities for our senior citizens if they chhose to give up living in their own home. There are senior citizen resident facilities with all levels of care.

Two new programs either have been added or will be added this month, both concentrating on nutrition. Dial-A-Meal offers those who are shut-in and cannot get out, a good meal by calling and having a nutritious one delivered to your home.

While this program includes more than just senior citizens, it is expected to affect more in the over-60 category.

The second program will begin later this month. It's the opening of a senior citizens nutrition program for county residents. Through the cooperation of the Georgetown Christian Church and volunteers, the South Central Indiana Council for the Aging & Aged is able to expand their meal program to the county. Meals will be available Monday through Friday at the church for a suggested donation price of $1. Under 60 is $3. But no one will be turned away.

We're proud of the way our senior citizens are being considered in the many programs. Many such programs depend on the volunteer help of other senior citizens who are fortunate to be healthy, but who are concerned about their fellow citizen who may not be so fortunate.

Day-to-day living often slips by with such groups of people going unnoticed and unappreciated. We want to make notice of the people who are doing something about the problems in this area. With more programs like Dial-A-Meal and the new county nutrition program, this is going to be an eve better area for senior ci zens.

A6 The Evening News, Jeffersonville, Ind., Thursday, September 17, 1987

Lifestyle

Jeff resident receives prestigious Bell Award

The WLKY-TV Spirit of Louisville Foundation Inc. announced Jeffersonville resident Ola V. Thornton was one of 10 recipients of the 1987 Bell Awards for volunteer community service.

Thornton devotes five hours a day, five days a week, to two local senior citizens centers, the Robert Lee Retirement Inn and the Ken Ellis Senior Center. Lending her artistic talents, she directs the arts and crafts activities at both centers.

Also, for the past 30 years, she has organized and directed the Vacation Bible School Program at the Little Flock Baptist Church.

The non-profit Spirit of Louisville Foundation was established in 1978 to honor local citizens who contribute their time and talents to make the metro Louisville area a better place to live and work. As it celebrates its 10th anniversary, the foundation has recognized more than 100 outstanding volunteers from Louisville and Southern Indiana.

This year's winners, selected by the 24-member Board of Trustees, will be recognized at a banquet and awards presentation on Monday, September 28 at the Galt House East in Louisville.

Awards are miniature replicas depicting the ship's bell on the Belle of Louisville. The program will be televised live over WLKY-TV from 8 to 9 p.m.

In addition to the Bell Award, recipients will also receive the Jefferson Award from the Washington-based American Institute for Public Service. The Jefferson Award was established to recognize the highest ideals and achievements in the area of public service in the United States.

THE INDIANA WEEKLY, WEDNESDAY, SEPT. 30, 1987W

Council for aging sponsors crime-prevention program

A program called "Crime Prevention: Then and Now," sponsored by the South Central Indiana Council for the Aging & Aged Inc., is being conducted at several Southern Indiana locations.

The program, which is open to the public, will take a look at life in turn-of-the-century America and at America today, to show how the need for effective crime prevention has increased.

Participants will learn what they can do to help prevent crime; and local law-enforcement officials will lead question-and-answer sessions. Here are the various locations and times:

Thursday, 12:30 p.m., Ken Ellis Center, 211 Martin Circle, Jeffersonville; Monday, 11:30 a.m. Mark Elrod Tower, 1 Wolfe Trace, New Albany; Oct. 8, 11:30 a.m., Corydon Senior House, 123 Mulberry St., Corydon.

The program is being held in conjunction with the nutrition programs at the New Albany and Corydon sites. Reservations for the meal must be made 24 hours in advance; call 945-6325 or the local site. The cost of the meal is $3 for people under 60; those over 60 will be asked for a donation.

136C

CLARK COUNTY

United Way

Serving People In Our Community In A Very United Way

Council on Human Services helps treat substance abuse

The Council on Human Services, 402 E. Spring Street in New Albany, is a community-based alternative for substance abuse treatment. The overall mission is to reduce the incidence and prevalence of alcohol and drug abuse.

The main target group is persons 14 and older experiencing drug and/or alcohol related problems and their families or significant others.

As a part of the awarding of funds for Fiscal Year 1988, the Division of Addiction Services required, for the first time, providers to report effectiveness of services according to a set of standardized effectiveness measures.

Seventy-five percent of the detoxification clients will accept a referral for treatment and attend the first treatment session following their enrollment in the new program.

In the outpatient program, 50 percent of those admitted directly to outpatient treatment will have met the program's criteria for successful treatment, with no need for futher treatment in a certified program at the time of discharge.

Sixty percent of those admitted directly following an episode of treatment in an intensive outpatient, residential or transitional residential program will have met the program's criteria for successful treatment, with no need for further treatment in a certified program at the time of discharge.

Of those clients successfully completing treatment, 75 percent will have attended at least two support group meetings during treatment, and 50 percent who have a support group "sponsor" prior to discharge.

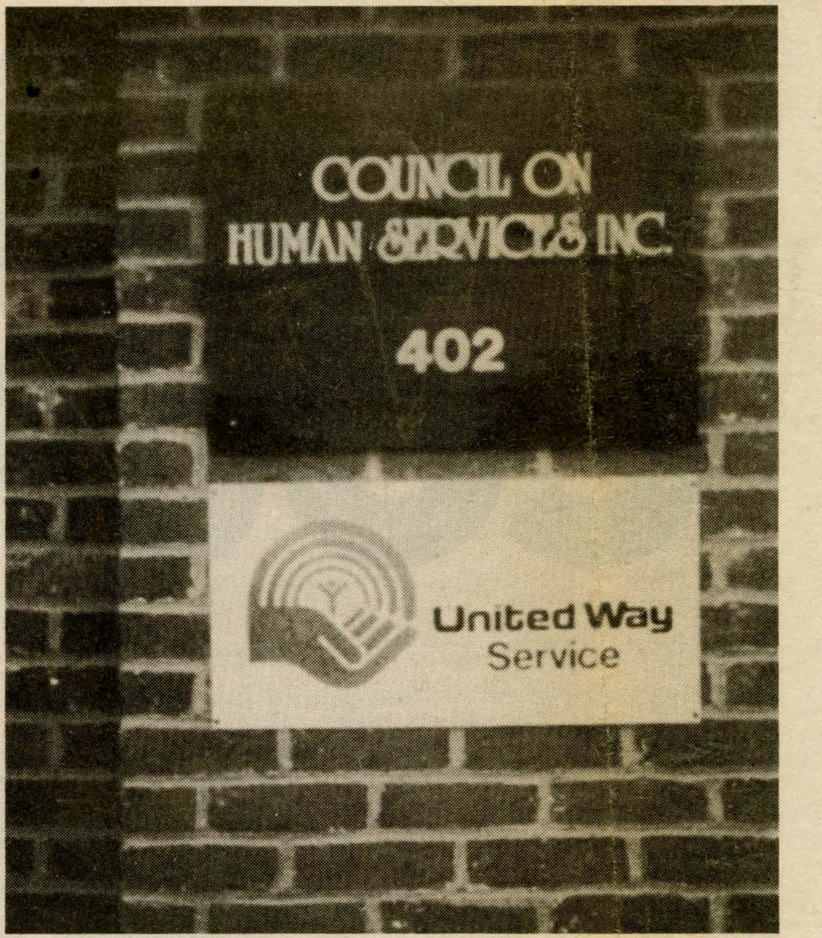
In their Intensive Outpatient program 60 percent of the clients admitted will have met the program's criteria for successful treatment at the time of discharge. And 75 percent of the clients completing 15 or more days of the program will: (1) be referred to outpatient treatment and keep the first appointment, (2) have attended at least two support group meetings while in treatment and (3) have a support group "sponsor" prior to discharge.

In both the Human Services' Adult Acute Residential and Adult Intermediate Residential programs 50 percent of the clients admitted will have met the program's criteria for successful discharge and will attend the first session of the recommended follow-up treatment program.

In the Council's Intermediate Treatment of youth 40 percent of clients admitted will have met the program's criteria for successful completion and have attended the first session of the recommended follow-up treatment.

Fifty percent of those admitted to the Transitional Residential program will have met the program's criteria for successful completion and have attended the first session of recommended follow-up treatment.

The United Way allocated $16,000 this year to the Council on Human Services.



THE COUNCIL ON HUMAN SERVICES is located in New Albany.

Big Brothers/Big Sisters fill the void for many youths

Big Brothers/Big Sisters of Kentuckiana, located at 332 W. Broadway in Louisville, plays an important part in the lives of their Little Brothers and Little Sisters. Companionship and understanding are what you give and receive when you spend a few hours a week with a deserving boy or girl.

Being alone is not a happy situation — no one to talk, no one to take a personal interest. Big Brothers and Big Sisters fills the void that can occur when a child is from a "one-parent family." Selectively matched to a Little Brother or Little Sister whose interests, personality, needs and background may be like yours, ensure a relationship that will help both of you grow.

The mission of the agency is to strengthen the family life of single-parent families by focusing on the full needs of children and youth from these families through the provision of Big Brother and Big Sister volunteers.

The Big Brother/Big Sister program is a singular one. The services include: (1) information and referral to other youth-serving or family-service agencies; (2) assessment of the child's social development and matching appropriate children with adult volunteers.

The agency serves children ages 7-16, boys and girls, who are able to benefit from the adult volunteers who serve as friends and informal counselors.

The area which the Big Brother/Big Sister Progam covers are Clark and Floyd Counties in Indiana and Jefferson and Oldham Counties in Kentucky.

Each individual match between the child and the adult volunteer is assigned goals which are geared to the development of the specific child.

The Big Brother or Big Sister will see their Little Brother or Little Sister once a week, commit themselves for at least a year, be willing to complete the required screening process, keep in touch with the professional staff and receive various discounts and "freebies".

There are three objectives to be followed in the course of the program: (1) the Big Brother or Big Sister is to prevent mental and emotional disorder in the children; (2) prevent juvenile delinquency in the children; and (3) provide the parent with a professional support system in lieu of an extended family support system.

The United Way allocated $8,800 to Big Brothers/Big Sisters of Kentuckiana.

THERAPY FOR THE HANDICAPPED is the primary objective of the Rehabilitation Center.

Rehabilitation Center helps handicapped

The Rehabilitation Center had its roots in the vision of a group of concerned citizens more that 30 years ago — the vision of a comprehensive rehab center to serve the area's handicapped children and adults.

The original center opened in 1959 at a location in Jeffersonville. The facility offered speech and hearing evaluations, speech therapy and psychological evaluations.

New services were added through the years, including medical clinics, physical therapy, pre-clinics, physical therapy, pre-school classes and a recreational program.

Within a few years, the center outgrew its quarters and in 1963, a larger facility was opened in Clarksville. Expansion continued, with new programs such as vocational rehabilitation and occupational services added to meet the meeds of clients.

Physical facilities were also continually updated and expanded. The center has purchased adjoining land, added new wings to the original building, constructed a daycare center and purchased and renovated a house on the property.

In recent years, the center joined forces with Goodwill of Southern Indiana, which had provided employment and training for the disabled for 50 years. Together they formed the region's only comprehensive rehabilitation center, offering both medical and vocational services.

Today, this private, non-profit organization renders more than 40,000 services annually to residents of Southern Indiana and Northern Kentucky.

The Rehabilitation Center was founded with the objective of providing handicapped individuals with the therapy and training that will help them achieve the fullest function possible — to put people back in control of their lives.

The Rehabilitation Center combines medical rehabilitation with vocational training in a comprehensive program that not only fosters physical well-being but also contributes to the individual's ability to live and function independently.

Medical personnel and trained therapists work together to provide professional evaluation of the disabled of all ages and to develop specialized treatment programs based on the needs of the individual.

The center is located on six acres of land near the intersection of Highway 131 and Applegate Lane in Clarksville. There are 75 staff members working in 18 separate departments, and outside consultants provide specialized services.

Among the specialized services are vocational rehabilitation, physical therapy, occupational therapy, audiology, speech and language therapy, clinics, social child care programs and the Goodwill Stores.

The center's bus and vans provide transportation for clients within the corporate limits of New Albany, Jeffersonville, Clarksville, Sellersburg and Charlestown.

The funding for the center comes from grants, contributions, contract income, government agencies, private fees and client insurance, Goodwill Stores sales, and other non-profit organizations.

A staff of dedicated individuals provides the services that guide the area's handicapped toward productive living.

The United Way has allocated $135,000 to the center for its annual operations.

136E

Personal Counseling Service meets many community needs

Since 1959, Personal Counseling Service, Inc. has provided specialized counseling therapy and personal growth programs to residents of Kentuckiana.

The center is a non-profit, non-denominational pastoral counseling service which provides counseling for adults, children, adolescents, couples and families.

The center offers a distinctive approach to the solving of human problems and stress, uniting theological and psychological skills in counselors of the highest professional caliber.

All members of the staff have earned graduate degrees in a particular area of counseling. All have extensive supervised clinical training in a variety of settings. The counselors listen and help the client to move toward the best possible solution and personal growth.

Personal Counseling Service in the 27 years of its existence has helped thousands of persons search for better solutions to very real, and frequently critical, problems. They have wrestled with problems ranging from marital and family crisis to feelings of the need to grow as persons.

The Jeffersonville office is located at 1321 Applegate Lane and is open Monday through Thursday from 9 a.m. to 9 p.m.; and Friday and Saturday from 9 a.m. to 3 p.m.

There is also individual counseling. A counselor trained in psychotherapy will see a person on an individual basis and help that person to better understand situations and cope with stress.

Group counseling provides individuals an opportunity to grow in their self-awareness and interpersonal relationships.

Marital, separation or divorce counseling is where the counselors work with the spouses on an individual basis and/or in joint interviews to help them clarify and deal with the marital crisis and problems.

The center provides training courses, consultation and/or supervision for clergy, teachers and other professionals involved in counseling programs. Postgraduate training in pastoral counseling is also offered.

The center provides seminars and other educational programs at the agency and also for local church congregations and community groups.

The center is accredited by the American Association of Pastoral Counselors as a service center. Accreditation means the center has met rigid standards and promotes quality counseling and care.

Fees are determined according to income and are arranged during the interview. Health insurance coverage for outpatient psychotherapy and psychological testing is dependent on policy provisions and may cover a major percentage of the counseling expense. A Financial Assistance Fund is available to help defray the cost for persons unable to pay the regular fees.

This year United Way has allotted $25,410 to operate the programs.

Help Line stands ready around clock

The Clark County Help Line, sponsored by the Hoosier Valley Economic Opportunity Corporation and located at 510 Spring Street in Jeffersonville, has been in existence for five years.

It originated through the Clark County Chamber of Commerce which formed a Human Services Committee that started the Help Line.

For one year the Help Line was funded by local churches and the Help Line committee as a pilot project before it received United Way funding.

The Help Line is a 24-hour emergency phone-referral and information line which receives calls on such topics as suicide, housing, legal problems and medical information. This number is utilized by all human services agencies, police departments, and hospitals as a cooperative effort to centralize the availability of services to Clark County residents.

One phone is manned by a trained volunteer, Monday through Friday.

All ages and sexes are assisted through the services offered by the Help Line and over 20,000 individuals have been affected by the Help Line in the past three years.

Clark County is the target area. However, the Help Line has assisted residents of Floyd, Jefferson, Washington and Scott Counties. These counties were assisted on a referral basis only; no emergencies were served.

Reports are kept on file and are available for inspection. A newly devised in-house evaluations process is in the planning stages and should be in effect next year.

To assist Clark County households in the areas of information and referral on a 24-hour basis and to meet emergency needs after agencies close and on the weekends, the Help Line is answered seven days a week, 24 hours a day.

Each staff volunteer is equipped with a cross-reference book of human services agencies available to Clark County residents.

All you have to do is call 284-HELP for assistance or information about drug abuse, alcohol, diseases or other problems. A volunteer will be there to help you find the right person to contact.

Aging and aged council links people, needs

The South Central Indiana Council for the Aging and Aged provides a comprehensive network of services to persons 60 and older in Clark, Floyd, Harrison and Scott Counties.

Funded by federal, state and local sources, it is one of 16 Area Agencies on Aging in Indiana administered though the Indiana Department on Aging and Community Services.

The council links senior citizens with community resources. Information is provided about legal services, referrals for house cleaning, minor repairs and a job bank for sitter service (for minimum wage). A quarterly newsletter, "Council Comments," is also distributed.

The council represents senior citizens through membership in the Floyd and Clark County Human Services Association and state and notional legislative networks. It also sponsors the Older Hoosier of the Year Award, Senior Queen Award, Legislative Seminar and Older Hoosiers Law Day.

To help income-eligible older persons continue to live idependently, the council provides services through Social Services Block Grant funds from the Social Services Fiscal Office. These include case management, homemaker and handyman services, activity visitors, home-delivered meals and transportation.

Centers in each county provide crafts, games and educational programs. They are administered by the Council for Older Americans. Senior citizens may drop in during business hours. The New Albany branch is opened Monday-Friday from 8 a.m. to 4 p.m. The Jefffersonville branch is opened Monday-Friday from 9 a.m. to 2 p.m.

Minor home repairs (labor free; materials at cost) and homemaker services are also available to senior citizens through the Council for Older Americans.

The Council for the Aging and Aged cooperates with Blue Cross/Blue Shield, the Medicare carrier for Indiana, to help older persons apply for Medicare.

Outreach workers visit homes of persons 60 or older, or disabled of any age, to help them apply for heating assistance funds.

Legal Services Organization provides legal assistance to persons 60 and older through a grant from the Council for the Aging.

The agency provides monthly blood pressure screenings at nutrition sites and periodic educational programs about other health topics.

The Council for Older Americans, a sub-guarantee of the Council for the Aging, furnishes transportation to meal sites, docors, shopping areas and other locations. Escort and outreach services are also provided.

The Council for Older Americans was allocated $4,500 by United Way to operate this year.

Arthritis Foundation helps many in area

Chances are that you or someone you know has arthritis. Arthritis affects about 37 million Americans. That's one in every seven people, one in every three families. When one member of a family has arthritis, it can have an impact on everyone in the family.

The word arthritis literally means joint inflamation and refers to more than 100 different diseases known as rheumatic diseases. They are often chronic in nature, tend to flare and subside, and may cause inflamation, persistent pain, stiffness and swelling in one or more joints. While most rheumatic diseases are currently not curable, all are much more successfully treated than was possible just a few years ago.

The Arthritis Foundation is the only national voluntary health agency that works on behalf of people with all forms of arthritis. Volunteers in chapters across the country help support research, advocacy and government affairs, services and educational programs and fund-raising activities.

Research is the Arthritis Foundation's No. 1 national priority. Scientists supported by the foundation are looking for the causes of arthritis, ways to prevent it, and better methods to treat its many forms. Every year, the foundation funds ongoing research and the training of new scientists to conduct arthritis research.

Research has provided better ways to diagnose and treat arthritis. For people with arthritis, these research advances have helped relieve pain and reduce disability.

At both the national and local levels, volunteers are active in promoting programs that benefit people with arthritis. Local chapters of the foundation offer many different programs and services. Services in the 71 chapters throughout the country vary according to local needs and resources, but may include the following:

Information about arthritis and its treatments.

Updates for the public on the latest developments.

Referals to doctors and clinics.

Help in finding local services, such as home health care.

Classes on self-care and exercise classes.

Clubs or support groups for people with arthritis.

Discount drug services.

Updates for health professionals on the latest research in improved care.

Chapters offer other local services. Contact your local chapter to find out what services are available in your community.

Salvation Army's goal is meeting human needs

Making God's love known to all people is the single, unifying aim underlying all Salvation Army work.

An outlet for the Salvation Army in the Clark County area is at 1005 Wall Street in Jeffersonville.

It exists to meet human need — at the point of need. The Salvation Army stands ready to sssist people of every race and creed swiftly, compassionately and with kindness and understanding.

Crisis situations take place in people's lives everywhere. Stories of floods, fires, tornadoes and other unexpected situations are in the news everyday. It is comforting to know there is a friend nearby when disaster strikes. If stranded or in difficulty, it is reassuring to know there is someone in the vicinity who cares, no matter where you happen to be.

The Salvation Army offers service to families and individuals including transient meals and lodging and emergency family welfare. Missing person bureau, disaster, perolee and correctional, alcohol and drug treatment, camp and other services are available.

The New Albany corps has been serving Clark Countians for many years on a limited basis. Over time, the service to Clark County has grown, eventually totalling 30 percent of the New Albany corps' caseload.

Several months ago, Clark County community leaders and United Way officials joined forces with the New Albany corps to petition for formal expansion of services to the county. After numerous rounds of assessing community needs and sobmitting budgets, the following programs were approved: Emergency food assistance, family budget counseling, clothing assistance, emergency assistance with furniture and household items, and emergency housing and travel assistance referrals.

Lt. Mark Turner, commanding officer of the New Albany corps, commented, "Our goal is to be there for people in need; not as a crutch, but as a service to those who simply cannot make it otherwise. As Matthew said, quoting the Son of Man, 'As often as you did it for one of my least brothers, you did it for me.'"

The Salvation Army in Clark County is a local setup for transients so that they do not have to go elsewhere for help.

The United Way allocated $5,000 to the Clark County Branch of the Salvation Army this year for the operation of its programs.

Southern Indiana YMCA is a major community asset

Taken from the Statement of Purpose: "The Young Men's Christian Association is a worldwide fellowship united by a common loyalty to Jesus Christ for the purpose of developing Christian personality and building a Christian society."

The Southern Indiana YMCA provides a full range of youth and family programs in child care, after school care, day camp, swim lessons, youth sports, pre-school, adult wellness, adult leagues and recreation.

The target area of the Jeffersonville branch is approximately 70,000 people in an eight-mile radius of the YMCA building at 4812 Hamburg Pike in Jeffersonville. However, there is a satellite operation in Charlestown providing child care.

The YMCA sponsors activities designed to improve your health such as: (1) 'Y' aerobics. Have fun while you exercise to develop cardiovascular endurance, improve muscle tone, strength and flexibility. Music sets the tone and tempo for this lively exercise class; (2) Arthritis Aquatic Program which is a water exercise program that helps people with arthritis take charge of their lives.

The YMCA also sponsors sporting events such as: (1) Adult Basketball Leagues. Take advantage of the YMCA's air conditioned gym to comtinue your basketball competition year round. A spring and summer league will be held, each consisting of eight weeks with a single elimination tournament at the conclusion of the season; (2) Adult Coed Volleyball Leagues. Active and not so active adults can enjoy adult coed leagues. Games will be played on Monday evenings; and (3) Adult Softball Leagues. Summer and fall leagues play for eight weeks with a single elimination tournament at the conclusion of the season.

The YMCA also offers such activities as camps in which individuals can participate: (1) Day camps for children ages 6-14. For a whole summer to remember try the YMCA Day Camp. Each week is designed around a theme and filled with new experiences that include field trips, swimming, nature crafts, sport games, camp-outs and special events; (2) Kinder Kamp. A day camp experience designed for pre-school children ages 3-5. In a happy and positive environment children learn new skills, meet new friends and develop feelings of confidence and self worth. Staffers are sensitive to the special needs of pre-schoolers.

Also, (3) Sports Camps. The Southern Indiana YMCA began one-week sports camps in June. Each week featured a given sport. During the week, each child was given individualized instructions and participated in competitive games.

The YMCA of Southern Indiana is a charitable non-profit association of persons of all ages, ethnic groups and religious affiliations who are united in a common effort to put Christian principles into practice and enrich the quality of spiritual, mental, physical and social life for families and their communities.

The United Way allocated the YMCA of Southern Indiana $40,000 to operate its programs.

RSVP means senior volunteers

RSVP is a program which places volunteers, aged 60 and up, into a position in the community where they not only help the community but also help themselves feel good and productive.

RSVP stands for Retired Senior Volunteer Program and volunteers do what they want to do and choose when they want to do it.

A survey prepared by Dooz, Allen and Hamilton, Inc., proves that seniors who volunteer live longer and do better. RSVP was specifically cited for its volunteer program. The survey was prepared over a three-year period and completed in 1985.

In the Knitten-Mitten program volunteers make lap robes and walker bags for nursing homes.

Also, one project the volunteers were involved in was making anatomically correct dolls for the Welfare Department in Floyd County. It was part of the Child Protection Services project, and the dolls were used when asking young children about instances of physical/sexual abuse.

RSVP opportunities are as diverse as the volunteers themselves. And their schedules vary greatly.

There are 66 volunteer sites in Clark, Floyd, Harrison and Scott Counties. About 60 volunteers serve at Clark County Memorial Hospital, the largest station.

RSVP is unusual in that it provides accident and liability insurance. It provides incidental expenses such as transportation and meals based on availability of funds. Members also go to annual recognition parties and belong to a national volunteer agency.

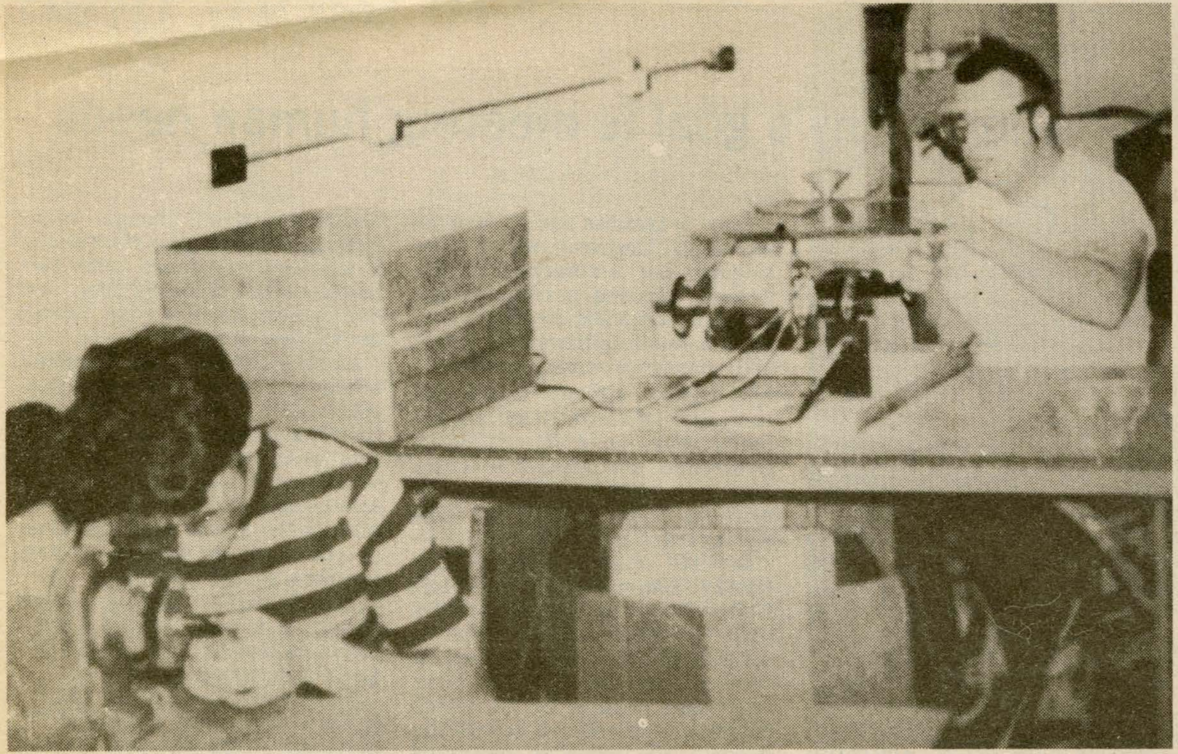
The ideal way for a volunteer to get started is to go to the New Albany office, 702 E. Market Street, and be interviewed. A volunteer at Clark County Hospital said, "It's everything to me; it came to me at a time when I needed it."

RSVP doesn't put volunteers in useless programs: Note the volunteers at the hospital manning the information desk, delivering mail to the patients, wheeling carts and running the gift shop.

The purpose of RSVP is volunteerism. If your're ready to share your experience, if you'd like to balance your leisure time with service that means something special, RSVP is the answer for you.

United Way allocated $7,250 to RSVP this year.

RETIRED SENIOR VOLUNTEERS coordinates work on many projects in the community, volunteering the efforts of its members to help build a better community.



WORKERS AT NEW HOPE SERVICES operate in a sheltered work environment where they can be productive wage earners in the community.

New Hope provides sheltered jobs

The New Hope Center, located at 725 Wall Street in Jeffersonville, is a rehabilitation facility providing vocational training and sheltered employment for individuals who have physical, mental or emotional disabilities and who are unemployed or underemployed.

All residents of Clark and Scott Counties, 16 years of age and older, who have a physical or mental disability which constitutes or results in a substantial handicap fall under the category of services.

Here are the programs which are available: Vocational evaluation is a systematic assessment of the individual's vocational interests, aptitudes and abilities as well as social and emotional behaviors.

Work adjustment is individualized, structured, planned and closely supervised. Work training experience are designed to promote the acquisition of good work habits and socialization skills, to increase physical and emotional tolerance for work activity, and to modify attitudes and behaviors which inhibit the satisfactory performance of work.

Work activities are extended employment for individuals who are severely limited in social and/or work skills. Emphasis is placed on concentrated, individual attention and training and on exposure to a variety of social and learning experiences.

The Sheltered Employment program is a closely supervised and structured work situation which, for some individuals may be a short-term placement emphasizing further training in good work skills and habits pending employment in the community or, for others may be a longer-term vehicle for earning some income and making a useful contribution to society.

Job Placement is a training program designed to help the individual who is capable of competitive employment achieve the skills necessary for successful job seeking and job retention.

This year, New Hope was allocated $84,150 by the United Way.

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Ken Ellis Center provides daily activities, dinners, trips for many elderly individuals

The Ken Ellis Center has been operated by the Area 14 Agency on Aging since November 1977. From 1977 to 1985, Social Service Block Grant funds were used for its operation. Effective July 1, 1985 these monies could no longer be used for activities but instead were targeted to services for the impaired, frail elderly, such as Adult Day Ccre.

The City of Jeffersonville has been a strong supporter of the center, providing a building rent-free, a portion of the utilities and a $5,000 annual allocation to assist with operating costs.

Clark County United Way picked up the agency in 1986 as a member organization when it was threatened with closing due to mandated withdrawal of federal funds.

The center serves 30-40 older persons each day and it is not unusual for 75-80 to attend the monthly pitch-in dinners. A total of 306 persons participated in center activities during 1987.

The agency works closely with Hoosier Valley Economic Opportunity Corporation in the distribution of commodities to the elderly. Prior to 1986, Clark County elderly received their commodities at distribution points which served all ages of people eligible for this program. This meant standing in long lines for extended periods of time, a difficult if not impossible task for many older people. The agency designated the Ken Ellis Center as a distribution point for elderly Clark County residents and 600-800 persons now receive their commodities at this location.

Each month a calendar of events is published which includes health and educational programming as well as social activities. Monthly blood pressure screenings are conducted by VNA (Visiting Nurse Association) of Southeastern Indiana. Special health programs have included glaucoma screenings, blood sugar testing and cholesterol testing. Exercise classes are conducted every Tuesday and Thursday.

An adult literacy class is held from September through May on Mondays from 2-3:30 p.m. Currently, eight seniors are enrolled in poetry, history and math classes in an effort to upgrade their skills.

Monthly trips to local points of interest are extremely popular. Participants are transported by school bus and every effort is made to keep the cost of the trips low so all can afford to take advantage of them. Usually, one out-of- state trip is planned each year. In October 1987, seniors traveled to Gatlinburg, Tennessee. Senior will be going to Saint Louis this year. The Ken Ellis Senior Opportunity Center is a true focal point for seniors. Many attend five days per week and for some, who live alone, it is the major deterrent to isolation and loneliness.

The center was allocated $11,000 to operate.

Center for Lay Ministries provies food, clothing for needy

A local woman who broke her hip and was unable to work wrote to the Center for Lay Ministries, Inc., 118 E. Maple Street in Jeffersonville.

She wrote: "I want to tell all of you I very much appreciated the groceries I got from you. I've been off work a month and all the help I've gotten was from you. I couldn't have made it without you."

Case closed.

A woman was brought into the Center by the police. They found her wandering the streets. She was 26, had a little boy two years old, and came to Jeffersonville from Texas. She had no money, no place to lay her head and had been physically abused by the man she lived with in Texas. By the end of the day she and her child had a place to stay for the night.

But the Center didn't stop there, because she still had no place the next night. Numerous calls were made by a Center volunteer until she found somebody who had been trying to reach the Texas woman. A minister and his wife in Louisville had taken her in for a while and were able to her and the child. They were relieved to find she was all right.

Case closed.

The Center helps thousands of people like these each year to make it through rough times with advice, gifts of food, clothing, shelter and money, and a friendly hand. It is a non-profit agency which helps people in need of temporary, emergency assistance. It is an organization of lay persons representing 35 churches in Clark County and attempts to assist people in the following programs:

—The Food Pantry has provided food for 10,000 hungry people.

—Financial assistance for rent, utility bills, transportation and medicine is given to the needy.

—The Clothes Closet is a collection of clothing for children and adults.

—Volunteers make weekly visits on Tuesday aftenoons to Clark County Jail prisoners who are given kits which contain personal-care items for those who cannot afford to buy them.

—Christmas food baskets are distributed every year to the needy.

—And when people need help, they need to know where to turn; that's why the Center provides a referral program. The Center refers patrons to the right place for aid.

Volunteers are needed to help provide this information and assistance.

This year United Way allocated $13,500 to the Center.

United Way
It brings out the best in all of us.™
®

Mental Health Association 'breaking chains' for mentally ill

The Clark County Mental Health Association, 605 Watt Street, Jeffersonville, is aware of these facts and wants to "break the chains of mental illness." The association helps the community by using United Way allocations toward scholarships for future college students interested in the medical field. They are chosen by a special Clark County Chapter committee, and are recommended to the chapter by their high school counselors.

Money also goes toward educational programs. For example, speakers are available through the local chapter for civic organizations wishing to learn more about mental health.

The Compeer program matches volunteers and mental health patients on a one-on-one basis. The volunteers are needed to provide comfort and reassurance to patients in the hospital, and take them out to movies, concerts or sporting events.

A United Way Allocation and Review Committee, composed of volunteers, spends over 500 hours each year reviewing requests for volunteer agencies such as the Clark County Mental Health Association. The committee reviews the needs of the agency, and then submits funding recommendations to the board of directors for consideration and approval.

This year, United Way allocated $9,000 to the Clark County chapter.

Do you feel comfortable about yourself? Do you feel comfortable about others? Are you able to meet the demands of life?

If you answered "yes" to these questions, you have some of the characteristics of good mental health. If you answered "no" to some of these questions it doesn't necessarily mean you are mentally ill.

However, no one is immune to mental illness; it can strike any time, at any age.

FACT. There is no line that neatly divides the mentally healthy from the healthy.

FACT. Conservative estimates place the annual loss in productive activity in industry, directly related to emotional disorders, at a staggering $17 billion, or $1,622 per employee per year.

FACT. The average daily population in Indiana's seven state mental hospitals and four state hospital-training centers for the mentally retarded or developmentally disabled was 4,486 as of last year. That average reflects 2,584 persons in mental hospitals and 1,902 persons in developmental disabilities facilities.

FACT. Mental and emotional illnesses affect children of all ages from infancy through adolescence. Approximately 15 percent of the children in this country have some form of mental or emotional disturbance. This is about 8.1 million children.

FACT. A survey was conducted in 13 Indiana counties to determine the mental health needs of children. A total of 10,815 cases was reported of children in need of mental health services.

Visiting Nurses Association has served area for over a decade

For over a decade, Visiting Nurse Association of Southeastern Indiana, a non-profit United Way agency, has been working directly with the patient's physician to provide the quality and continuity of care the home patient needs.

Skilled nursing, home aides, therapy and case management services are provided to the patients based on their income. The VNA has offices at 1403 E. Spring Street in Jeffersonville.

With the rising cost of medical care, parients are seeking alternatives to lengthy hospital or nursing home stays. Many are now finding it possible to stay at home for the entire duration of illness, or to shorten their hospital stay.

By having the availability of registered nurses, qualified home aides and other health professionals working directly under the family physician's orders, the patient has the opportunity to recuperate in normal home surroundings.

All employees are bonded and have CPR training.

Personnel are available 24 hours a day, seven days a week to provide the professional care the home patient needs. Provided is a variety of services such as patient and family teaching, catheter care, bloodwork, intravenous therapy, surgical dressing changes, helping to secure medical supplies and equipment and personal care which includes bathing.

But, that is only part of the VNA contribution to the health and the well-being of the community. In addition to home care, VNA of Southeastern Indiana provides health awareness programs for employees in the workplace. Wellness motivation programs are adapted to individual needs and may include such programs as stress management, exercise programs, nutrition and evaluation of lifestyle.

For years VNA has provided speakers and slide presentations on these subjects and more.

VNA also offers to all residents in Clark County an opportunity to become a member of the "The Good News Club." The club was designed for the general public to increase awareness of positive health habits regardless of age.

It is becoming increasingly more important to maintain a healthy lifestyle and assume responsibility for one's well-being. Each member of VNA's Good News Club will receive a membership card which entitles them to free written health information upon request. Members will also receive a newsletter every two months which contains not only health updates, but a calendar of local upcoming events, free activities and community services.

There is no cost or obligation for membership.

This year the VNA was allocated $44,000 to operate its services.

REHABILITATION CENTER workers help many youths in our community.

Girl Scouting is a way of life for Clark County girls

Girl Scouting is a way of life, a program to mobilize parents, neighborhood residents, community leaders and organizations to develop personal fitness in girls.

The council administration office of the Metro Service Center is located at 1325 S. Fourth Street in Louisville. The council serves 56 counties in Kentucky and Southern Indiana.

One special part of the Girl Scout program is the Daisy Scouts, consisting of five-year-olds. Why is it offered?

Girls are exposed to the world outside their homes at an early age. Eighty-five percent of five-year-old children in this country spend part of the day in pre-primary school. Television, travel, participation in play groups and other early childhood experiences outside the family also make a great difference in their lives.

Changing lifestyles: The single parent, working mothers, and the increasing divorce rate have intensified the need for serving five-year-olds.

Socialization and development of values begin at an early age and can be fostered by a caring adult in a positive environment. Five-year-old girls are ready for the group experience Girl Scouts offer: interaction with adults and peers in a constructive atmosphere of learning, doing and playing.

After over a decade of research, pilot projects and analysis of environmental and social trends, Girl Scouts of the USA decided, in November of 1983 to add another age level to its membership. This decision was made so that Girl Scouting may continue to respond as it has for over 70 years to the changing needs of the girls, families and communities it serves.

What do Daisy Scouts offer?

To the girl it offers appreciation, understanding and approval from a trained and caring adult. It is fun while learning, through play and interaction with girls her own age and adult leaders.

To the family it offers assurance that their five-year-old girl will be introduced to a happy, safe, constructive experience with a group of girls her own age.

To the community it offers service for these girls that builds on and supplements their family experiences, schooling and religious affiliation.

Other programs offered by the Girl Scouts include Discovery for Brownie Girl Scouts for girls age six through eight. Brownies explore many worlds with new friends.

Adventure for Junior Girl Scouts is for girls age nine through 11. Juniors learn to organize and to turn their ideas into projects they can be proud of.

Action for Cadette Girl Scouts is for girls age 12 through 14. Cadettes make things happen in their own lives and in their communities.

Self-development for Senior Girl Scouts is offered to girls age 14 through 17. Seniors learn to know themselves and their capabilities for leadership in society.

Volunteers are needed to share in the lives of the Girl Scouts for several hours a day, a few hours a week, a few hours a month or a few hours a year.

Red Cross is ready to help those in distress

The Red Cross provides health and safety information plus a wide range of courses to make Americans more independent and to help reduce soaring expenses from accidents and illness.

The Red Cross has identified health and safety education as a significant national need that it can address. As the world's largest voluntary blood service, it also provides direct health care through hospitals and physicians in the form of blood and blood-related services.

The mission of the Clark County Chapter of the American Red Cross is to relieve excess distress in general in the county. The chapter services deal with emergencies of all magnitude.

The Red Cross Blood Program is constantly updated to ensure an adequate supply of blood in this area. First aid, cardiopulmonary resuscitation (CPR) and water safety programs provide training as requested and relief during disaster situations. Services to the military and in time of disaster are mandated by the national organization.

During 1985, there were services provided for 38,005 persons and so far this year, the potential is well over 33,000. Assistance will be even greater to individuals this coming year as needed.

The Clark County Chapter of the Red Cross serves in excess of 90,000 people.

The progress of services is updated regularly by national rules and through requests. Input of the board of directors, together with daily involvement, keep the chapter aware of additional upgrading of services for the greatest effectiveness.

Immediate response to any form of disaster be it flood, fire, tornado or other emergencies makes the Red Cross a vital agency in the community.

The Red Cross depends on more than 1.4 million volunteers nationwide and the local chapter needs more volunteers of all ages.

One of the Red Cross' priorities is service to members of the military and their families on a 24-hour basis.

KENTUCKIANA GIRL SCOUT COUNCIL members work on gifts for one of their many activities throughout the year.

Boy Scout Council provides many programs for boys in the community

The George Rogers Clark Council of the Boy Scouts of America, located at 2030 E. Spring Street in New Albany, follows the service recommendations of the national Council of the Boy Scouts of America. This approach does, however, allow for the council and districts to stress a particular need within their geographic territory.

The council has lowered the age limit and grade of a boy before he can join. Since 1987, boys are eligible to join in first grade. There has also been added an Exploring Executive to work in the area of career awareness with the high school-age program.

Scouting is addressing many of the problems of society such as drug abuse, child abuse, unemployment and hunger. Scouting has sponsored educational campaigns focusing on "Drugs, A Deadly Game" and "Child Abuse — Let's Talk About It." The message and materials are directed to all young people, both in and out of scouting and their parents.

Illiteracy is an unacceptable problem about which the public's awareness is growing. Scouting has wonderful tools with which to fight the problem. The handbooks, which are written for various reading levels, are designed to encourage youth to develop the fundamentals of reading as they read about things that are of interest to them. The scouting program incorporates career education at all levels.

Part of the Cub Scout program emphasizes community career awareness and provides the opportunity for the Cub Scout to observe different careers. Boy Scouting exposes Scouts to the world of work through its advancement system. Merit Badges offer Scouts an opportunity to sample career or hobby interests. The boys are counseled by adults who earn their livelihood in those fields and who become role models.

The Exploring Program focuses on career exploration with a variety of careers. The program is designed to provide hands-on exposure in a special career area.

All of the programs help provide the self-esteem, spiritual awareness and mental and physical preparedness that a person needs to successfully function in the complex society. Scouting is confronting many problems facing the nation including several that the United Way has identified for priority funding.

The Boy Scouts of America has just one mission. It is carried out through age grouping. To place them in a ranking would be difficult since all are important. The objective is for balanced growth in all program areas.

As far as solving the problem of reaching as many youths as possible and providing volunteer leaders the knowledge and tools to conduct a quality program, the local council is succeeding. It also plans to continue to do a more aggressive job of recruiting and training.

K.I.D.S. offers Cerebral Palsy developmental training for children

The United Way helps fund the United Cerebral Palsy K.I.D.S. (Kentuckiana Institute of Developmental Services) Center, located at 982 Eastern Parkway in Louisville.

It provides a variety of therapeutic services to developmentally disabled children. Families from Kentucky and Southern Indiana are accepted in the program up to 21 years of age. But the program's emphasis is on the younger child, from newborn to six years old.

One of the programs sponsored by the organization is the Movement Assessment Screening Project in which the occupational and physical therapist goes to the home of a child, say four months old, who was placed in the neonatal intensive care unit after he/she was born because of complications at birth. The therapist will determine if the child needs intervention or if he/she test O.K. The sooner any abnormalities in growth and functioning are caught, the sooner therapy can begin.

Once enrolled in the program, the child will receive physical, occuaptional and speech therapy.

Also, there is a special preschool offered to children who are in grades one through five. They learn primarily readiness skills.

"When they go to school, they're going to lose some of the intensive programming we (K.I.D.S.) have. We help the teachers in the public school system by preparing the child beforehand. "The child and the teacher will both be better off," said David Ramer, executive director of K.I.D.S.

The program is designed to help the child feel comfortable when separated from his or her parents.

Also included in the program are family support services. Counselors work with shocked parents who are referred to the program. The parents are in shock when they learn their child has a disability. The counselor tries to help the parent understand the disability and to reevaluate their goals.

The main goal of the United Cerebral Palsy K.I.D.S. Center is to provide services for children with cerebral palsy and related developmental needs. The goals and objectives are directed toward improving the quality of life for these children and their families.

The United Way allocated $8,400 to the United Cerebral Palsy K.I.D.S. Center this year to help in the operation of its programs.

RETIRED SENIOR VOLUNTEERS engage in many activities throughout the area. The organization helps to meet needs of the community while providing useful work for senior citizens who want to volunteer their help. The agency coordinates community needs with volunteers who want to provide assistance.

Spouse Abuse Center serves Southern Indiana residents

The Southern Indiana YWCA Spouse Abuse Center, 604 S. Third Street in Louisville, offers a comprehensive program for battered women and their children. The center operates on a walk-in basis, and with a full-time coordinator and crisis counselor to provide phone counseling and give referrals.

There is a hospital advocacy program, which means when the victim is seen in the emergency room at the hospital, the emergency room staff calls the center for an advocate. The advocate will see the victim in the hospital to offer support and information. The court advocacy program functions the same way. When the victim goes to court, the advocate provides him/her with moral support.

The program is free to the victim in need of services.

When Southern Indiana victims are in need of shelter, the center sends them to Louisville where they are given confidential shelter.

The children of battered women are welcome also in the Spouse Abuse Center in Louisville. They participate in the Child Development Program in which the emphasis is on breaking the cycle of violence that is passed down from generation to generation. Individual and family counseling is available. Mothers can learn new parenting skills. School-age children attend classes at the shelter.

The Spouse Abuse Shelter is a secure shelter that eliminates the physical threat under which an abused woman lives. The abused woman learns she is not alone because she will live with other women going through the same fears and frustrations.

Millions of women in this country are being abused by the men with whom they share their lives. But women are not the only victims of domestic violence. It affects every member of the family: the woman who is being beaten, the children who witness the terrifying assault and the man who uses violence to cope with his frustrations.

The center also functions as an educational center, providing speakers to school groups, church groups and civic organizations.

A person must be a resident of Clark, Crawford, Floyd, Harrison, Scott or Washington Counties to receive the help from the Southern Indiana agency.

Any woman who is physicallly abused or under the threat of physical abuse by her husband, ex-husband or boyfriend is eligible to receive assistance.

Now there is help for families who suffer this physical and emotional trauma — the YWCA Spouse Abuse Center.

This year the center was given $20,117 by the United Way for operational costs.

Hospice Southern Indiana helps terminally ill, families

"We can't add any days to the life of a terminally-ill patient, but we can add life to their days," said Patricia Payne, executive director of Hospice Southern Indiana, located at 1850 State Street in New Albany and 1220 Missouri Avenue in Jeffersonville.

The term "hospice" during the Middle Ages referred to way-stations where travelers could find shelter, nourishment and respite on life's long journeys. Today the term is used to describe a concept of caring during the final stage of living.

Hospice brings comfort, support and dignity and relieves problems such as pain, fear and loneliness. The goal of Hospice care is to assist patients and their families to maintain control over their lives as fully as possible in the midst of a major life crisis.

Hospice of Southern Indiana, Inc., was established in 1979 by a group of concerned citizens. It is a not-for-profit, tax-exempt corporation governed by a volunteer board of directors, representing a cross-section of community involvement.

There is a pool of Hospice volunteers who must go through 25 hours of training and thorough screening procedures. Before a Hospice volunteer is accepted, he or she must be able to accept their own death and, as a result, he or she will be much more helpful in helping others face their death.

The professional staff (a registered nurse and counselor) work with the volunteers and with the families as a team in providing care. Hospice is not an agency that says how something should be done, but an agency which helps patients find the best way to deal with the future.

Hospice helps the terminally-ill person in the following ways:
(1) If the terminally-ill person doesn't have the funds for medical care, Hospice directs the patient to the resources which are available in the community.

(2) Hospice talks to the family about pre-planning the funeral. Sometimes volunteers go into homes where the family has not thought that far ahead. Hospice tries to help them understand what they have to do in regards to insurance, a will, or unfinished business with a family member.

(3) Hospice will call ministers if the patient wants church support.

(4) If the patient is cared for at home volunteers will act as a liaison with the doctor and alert him of any changes in the patient's medical condition.

(5) Hospice can help by getting the patient free use of medical equipment for the home such as wheelchairs, hospital beds and bedside commodes.

"Every family is unique and we respond to the needs of that family. We are there to do whatever we can to help at that time. Also we remain with the family through the death of the patient and help them in the period of bereavement," said Payne.

Volunteers will stay in touch with the family and help with any problems that may arise.

Bereavement classes are offered free to the community during the year by Hospice. Also, Hospice offers educational work in the schools where classmates or teachers may have died. Volunteers offer comfort by talking about the feelings of the students.

This year, United Way of Clark County allocated $34,000 to Hospice for the operation of its program.

Youth Shelter provides temporary housing

Arising from a growing need in the community for a place to temporarily house juveniles not charged with a crime, but for whatever reason are temporarily unable to return home, the Clark County Youth Shelter was founded.

The Clark County Youth Shelter Inc., a not-for-profit corporation, was founded in 1984. It was formed for the purpose of investigating the feasibility of an independent youth shelter in Clark County. Prior to the center, children were being sent to the Clark County Jail, since no alternative was available.

After two years of hard work on the part of many dedicated individuals, a community-based facility that addresses the needs of children in need of services and their families became a reality.

Granted a license by the Indiana Department of Public Welfare to operate a child-caring institution, the Clark County Youth Shelter opened in downtown Jeffersonville in September 1986. Since then over 300 youths have directly benefited from the shelter's services.

There are no other programs in Clark County providing 24-hour, open-access, residential and counseling services for runaways and youth in crisis and at risk. The other local youth agencies and programs require a formal referral and intake process, court involvement and often require an extended waiting period before the delivery of services can be realized.

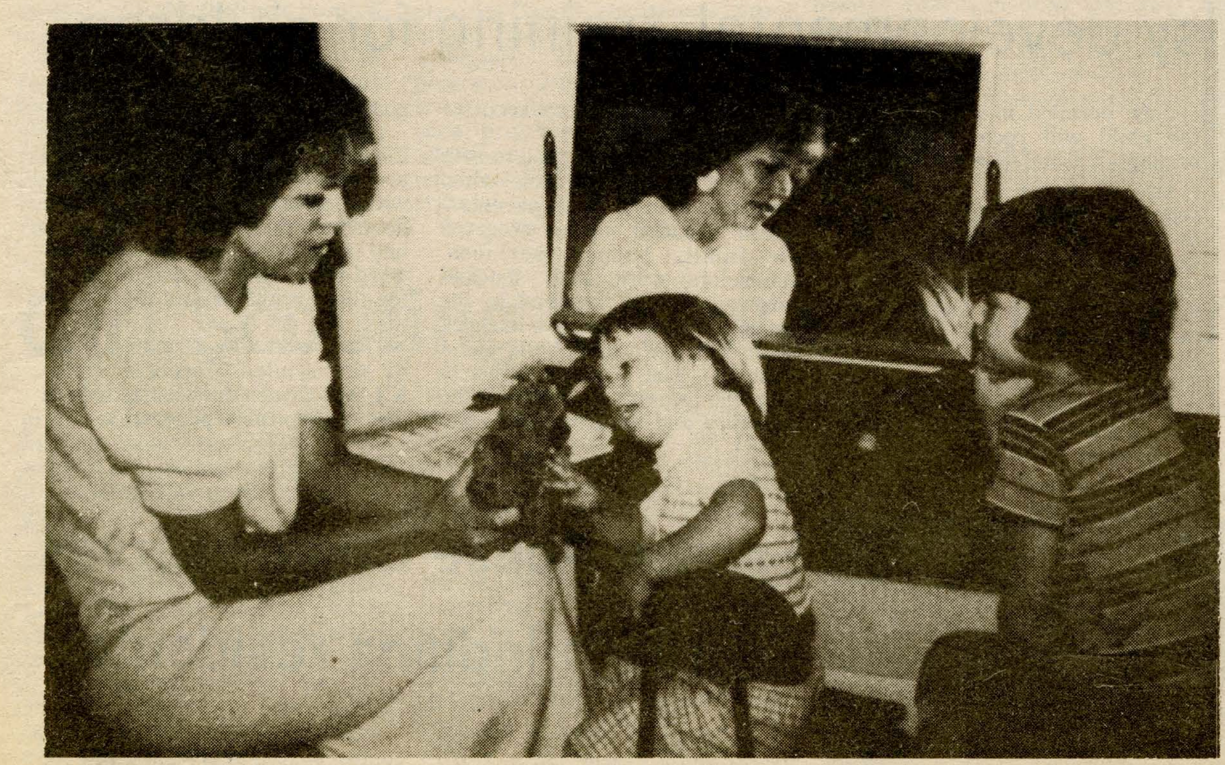
The Clark County Youth Shelter's program focuses on strengthening family relationships and encouraging stable living conditions for youth. Whenever feasible, counseling and support services focus on encouraging resolution of family problems and reuniting youth with the family.

Youth are provided with information on alternatives and the possible consequences involved and, through staff support and guidance, are given the opportunity to decide upon a constructive course of action for their lives.

The shelter also provides continuous services from outreach to aftercare, with the youth shelter providing the residential, counseling (individual, family and group) and aftercare components. Support services are provided through working agreements with community agencies.

Although the Clark County Youth Shelter has only been in operation for a relatively short period of time, the community relies on the shelter to fill the gap in services to youths that existed prior to the shelter's inception.

There is a commitment on the part of the citizens of Clark County to financially support the program and the United Way of Clark County is the logical means to channel this support. The board and staff have a desire to be a part of the United Way and support the campaign instead of conducting their own local fund-raising campaign.



CHILDREN ARE A SPECIAL CONCERN of the Rehabilitation Center where they get individual care.

Haven House provides food, shelter and job training for the homeless

Haven House Emergency Shelter which houses those in need has received some much needed help of its own from area organizations.

For the past two years Haven House, located at 330 West Market Street in Jeffersonville, has provided not only food and shelter for the homeless but also job training, personal counseling and assistance in finding jobs and alternate housing that is affordable for the family or individual.

Haven House became a reality due to the generosity of Harold Duley Perrin, a 75-year old Jeffersonville native. Perrin was raised by his mother after the untimely death of his father when he was young and he knows what difficult times are.

A highly-successful developer and builder, Perrin read a newspaper story about a family being forced from their home after it was condemned as not being safe and that triggered his interest in helping similar needy individuals.

He called the Hoosier Valley Economic Opportunity Corporation and said he wanted to provide shelter for the homeless. Barbara Anderson, community services director, answered the call and the wheels started turning.

Perrin called the Ladies' Home which is now Haven House, and asked if he could buy the building. He was told that the house would cost $75,000 and an additional cost of $130,000 was estimated for renovation. Perrin then decided he could build a new facility for the same cost of buying and renovating the older structure.

Construction was set to begin when Perrin received a call from the Ladies' Home asking if he was still interested in the house. He said he was but was not willing to pay that much for the house. "Then she said that I could have the house," said Perrin. Renovation then began and the entire cost of $140,000 was borne by Perrin.

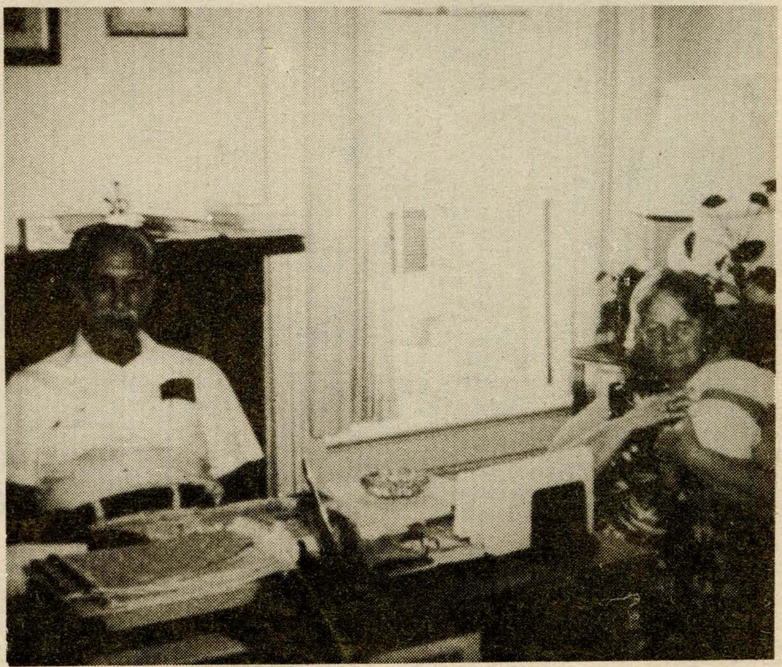
Since then the house has averaged between 35 and 45 residents a night with their stays renging from one night to two months.

Since the house is a non-profit organization, it relies solely on funding from the city, state and federal governments and also donations from individuals and other organizations such as the United Way.

One of the largest contributors to Haven House is the Kentucky Harvest which has been collecting surplus food from area restaurants and farms and delivering it to such operations as Haven House.

Ninth District Congressman Lee Hamilton once told the Haven House staff, "You are meeting the very most basic human needs: food and shelter."

Haven House was allocated $12,125 by United Way this year.



HAVEN HOUSE provides emergency shelter for the homeless.

The Tribune,
New Albany, Ind.,
Monday, Oct. 5, 1987

Respite Care Provides Families With A Break From Daily Routine

When an 86-year-old New Albany man was diagnosed as having Alzheimer's disease, his 82-year-old wife chose to become his primary caregiver rather than admit him to a nursing home.

As his illness progressed, she had to give him 24-hour supervision. The stress of giving her husband everyday care, as well as coping with the illness itself, began to show on her.

She had the support of family and friends, and she did get out to do shopping. However, she seldom was able to visit or shop with her daughter because her daughter was either sitting with her father or working.

After reading about a new program funded by the South Central Indiana Council for the Aging and Aged Inc., the family inquired about Respite Care. Now she is able to enjoy several afternoons a month with her daughter. This is a small amount of time, but it gives her some relief from her 24-hour caregiving situation.

Respite Care is temporary help for a primary caregiver of an older person who is unable to care for himself or herself. It may also be provided for an older person who is the primary caregiver of a person under 60.

According to Patricia Jewell, executive director of the Council for the Aging, "There are many people in our four-county area that have elderly parents or other relatives living with them and have to give them constant care and attention.

Respite Care will bring someone into their home to help them so they can go do errands or shopping or just get away for a while."

While the primary caregiver is absent from the home, licensed home health aides provide assistance with personal care, light housekeeping, meal preparation, transportation, and socialization. The home health aides are employees of Medi-Call of Floyd Memorial Hospital and the Visiting Nurse Association of Southeastern Indiana.

Respite Care services are available for residents who are 60 years of age or older and who reside in Clark, Floyd, Harrison, and Scott counties.

There is no charge for the service. However, contributions are encouraged to extend the limited funds available. Respite Care is being funded with Older Americans Act, Social Services block grant, and local monies.

For further information, contact the Council for the Aging at 948-9423.

The Tribune,
New Albany, Ind.,
Thursday, Oct. 1, 1987

Ken Ellis Seniors Planning Three October Excursions

The Ken Ellis Senior Citizens Center, 211 Martin Circle, Jeffersonville, is offering three trips in October.

Seniors will attend the St. James Art Fair tomorrow from 10 a.m. to 2 p.m., will go to Huber Orchard and restaurant Monday from 9:45 a.m. to 2 p.m., and to Cherry House in La Grange, Ky., from 9:45 a.m. to 2 p.m. Sept. 16.

The seniors will have a craft booth at the Harvest Homecoming festival and other activities during the month will include bowling Oct. 13 from noon to 2 p.m. at Youngstown Lanes in Jeffersonville and a Halloween costume party and covered dish dinner from 10 a.m. to 2 p.m. Oct. 30.

A new program offered at the center is a class for seniors to brush up on reading and math skills. The free class is from 2-3:30 p.m. Mondays.

Exercise classes are held on Tuesdays and Thursdays at 10:30 a.m. and bingo and holiday craft classes will be held during October.

For more information, call Sue Johnson at 283-7356.

THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, September 30, 1987

Helping hands

Council for Aging offers break to caregivers

Persons who spend 24-hour-days caring for someone 60 or older in Harrison County can get temporary relief under a program sponsored by the South Central Indiana Council for Aging and Aged.

Help is also available for an older person who provides care for a person under 60, according to the agency's announcement.

Respite Care is a new program funded by the agency in a four-county area, which includes Harrison, Scott, Clark and Floyd.

"There are many people in our four county area that have elderly parents or other relatives living with them and have to give them constant care and attention," said Patricia Jewell, executive director of the council.

"Respite care will bring someone into their home to help them so they can go do errands or shopping or just get away for a while."

The announcement said, "While the primary caregiver is absent from the home licensed home health aides can provide assistance with personal care, light housekeeping, meal preparation, transportation and socialization.

"The home health aides are employees of Medi-Call of Memorial Hospital of Floyd County and Visiting Nurse Association of Southeastern Indiana.

"There is no charge for this service; however, contributions are encouraged to extend the limited funds available."

Respite Care is being funded with Older Americans Act, Social Services Block Grant and local monies.

For more information, contact the agency at 948-9423.

The Evening News, Jeffersonville, Ind., Friday, October 2, 1987 B3

Council for Aged, Aging hearing set in New Albany

As part of its continuing interest in providing programs which address the concerns of the older adult, the South Central Indiana Council for the Aging & Aged, Inc., will sponsor its annual hearing and legislative seminar on Tuesday, October 27, at Trinity Methodist Church, 2796 Charlestown Road, New Albany. The program will begin at 10 a.m. and end at 2 p.m.

The Council for the Aging as the Area 14 Agency on Aging is mandated to provide full participation of elderly consumers in important decisions, especially those related to the planning for Older American Act activities and funds. The Area Hearing will give older people in Area 14 the opportunity to review and comment on the goals, objectives, and budgets for fiscal years 1988 and 1989.

In conjunction with the annual hearing, the council will sponsor a legislative seminar. State legislators from Area 14 will discuss priority issues for the upcoming legislative session. These include the Uniform Marital Property Act, additional funding for In-Home Health Care, and changes in guardianship laws. A question-answer period will follow so that the audience can give in-put to these legislators.

A nutrition meal will be served at noon. For those 60 years of age or older, the meal is by donation only; to those under 60, $3. Reservations must be made by Wednesday, October 21, by calling 945-6325.

Limited transportation is available by calling 948-9701 for a reservation by Wednesday, October 21.

The public — especially older adults and those working with them — is invited to all or part of this program. For further information, contact 948-8330.

Seniors from Ken Ellis Center plan activities

Seniors at the Ken Ellis Senior Citizen Center are busy getting ready for their senior craft booth at the Harvest Homecoming in New Albany. All money made at the booth is spent on the seniors during the year for arts and crafts.

Trips planned for the month are to Saint James Art Fair, Huber Orchard and Huber Restaurant. On Friday, October 16, there are a few openings for the Cherry House trip, La Grange, Kentucky.

Literacy school is offered to all seniors who would like to brush up on their reading and arithmetic each Monday from 2-3:30 p.m. If you are a senior, come and enjoy as this is free.

Tuesday, October 13, the group will go bowling at Youngstown Lanes and eat at a fast food restaurant at 11. Bowling is free from 12-2 p.m.

The seniors will be attending the area hearing at Trinity Methodist Church on Tuesday, October 27.

The monthly dinner will be with the annual Halloween party. Bring a covered dish and come enjoy the fun between 10 a.m.-2 p.m. Mr. Bill Dobson will play his harmonica at 1 p.m. Seniors are asked to wear their happy haunting costume. Crafts for the month will be creative ideas for fall and Christmas. Ken Ellis Center is sponsored by The South Central Indiana Council for the Aging and Aged, Inc.

We at Ken Ellis want to thank Mrs. Ola Thornton for being part of the activity center and being mentioned in the bell awards for volunteering and helping others.

The Evening News, Jeffersonville, Ind., Friday, October 2, 1987

The Evening News, Jeffersonville, Ind., Saturday, October 31, 1987

Staff photo by Ron Dick

A Halloween Party for senior citizens was held yesterday afternoon at the Ken Ellis Center. Pictured from left are Martha Massey, Eva Lou Mitchell, Mary Rogers, Frances Lee and Goldie Schamel.

The Tribune,
New Albany, Ind.,
Thursday, Oct. 22, 1987

Seminar On Growing Older Planned By Extension Office

Growing older is "in'. During this century, life expectancy has increased from 47 to 74.5 years. The older people are, the more likely they'll face increasing health problems and the need for support and assistance from family and community services.

The Purdue Extension service in Clark and Floyd counties is sponsoring a day-long seminar, "Growing Older-A Family Affair" on Thursday, Nov. 5. The program begins at 9:15 a.m. and concludes at 3 p.m.

Purdue Human Development agents Pam Robbins and Juanita Russell will be conducting the morning sessions. Topics to be covered include: "Aging-The Joys and Frustrations," "Clothes Can Make a Difference," and "Nutrition Know-How." Nancy Shiner from the Council for the Aging and the Aged will discuss "Your Local Road Map of Services."

Lunch will be served at noon by the Council for the Aging and the Aged.

The afternoon program will feature a panel of local resource agencys. The panel will be made up of representatives from the Visiting Nurses Association, Nutrition programs and Nursing home screening from the Council for the Aging and the Aged, and Social Security.

The afternoon program will feature a panel of local resource agencys. The panel will be made up of representatives from the Visiting Nurses Association, Nutrition programs and Nursing home screening from the Council for the Aging and the Aged, and Social Security.

The seminar will be held at Yellowood Terrace, 2100 Greentree North, Clarksville. A fee of $5.50 will be charged for people under 60 which includes registration and lunch. The fee for individuals over 60 is $2.50 and a donation for lunch the day of the seminar.

Checks should be made payable to the Floyd Co. Extension fund. Reservations should be mailed to Sunnye Carroll, Purdue Extension Service, 209 City-County Building, New Albany, Ind. 47150 by Nov. 2. Questions concerning the seminar may be directed to Pam Robbins, Extension home economist in Clark County at 283-4451 or Sunnye Carroll, Extension home economist in Floyd County at 948-5470.

The Tribune, New Albany, Ind., Friday, Oct. 23,

Older Hoosier Of The Year Named

An 80-year-old Owen County woman was named Older Hoosier of the Year Monday at the 1987 Indiana Governor's Conference on Aging in Merillville.

Governor Robert D. Orr presented Frnaces Phillips, of Gosport, with the award.

Ms. Phillips was one of 16 nominees for the award. Each of the state's 16 Area Agencies on Aging nominated a candidate for the award, which is presented in recognition of a lifetime of service to the communtiy. Ms. Phillips was the nominee from the Area 10 Agency on Aging of Owen and Monroe Counties.

Ms. Phillips was selected as the winner of the award by a panel of judges who reviewed the accomplishments of each nominee and conducted personal interviews with the nominees.

Jean Merritt, Commissioner of the Indiana Department of Human Services, the state agency which sponsors the conference, said, "Frances Phillips, like all the other nominees, personifies the spirit and enthusiasm of older Hoosier citizens."

Ms. Phillips is a "pioneer" in Owen County as her father moved to a 450 acre farm in that central Indiana county after the Civil War, earning the Phillips family the distinction of being the first black family in Owen County.

According to information provided by the Area 10 Agency on Aging of Owen and Monroe Counties in nominating her for the award, the Phillips family was the only black family in Owen County for many years and Ms. Phillips encountered discrimination.

Local residents petitioned county officials to bar Ms. Phillips and her brothers and sisters from attending school, but that petition was ignored by the officials, and Ms. Phillips was allowed to attend school.

Despite those problems, Ms. Phillips has devoted her life to help others in her community, ans says, "Helping other people . . . that's what it is all about." She regards herself as "on call" 24 hours a day to assist anyone who needs help.

Ms. Phillips has been an active member of the Area 10 Council on Aging of Owen and Monroe Counties since its inception. She has served as the chairperson of the Area 10 Advisory Council for the past two years.

She serves on the Area 10 Nutrition and Transportation committee and the Nutrition Advisory Board of the Senior Citizens Nutrition Project.

Ms. Phillips retired from RCA after 30 years as an inspector and an elected union shop steward, but continues to manage the family farm, which includes mowing fields, raising horses and tending a large garden.

Other 1987 Older Hoosier of the Year candidates and the areas they represent were:

Mary L. Fetsch, East Chicago, representing Area 1 which includes Jasper, Lake, Newton, Porter, Pulaski and Starke Counties.

Kenneth W. Hollinger, Goshen, representing Area 2 which includes Elkhart, Kosciusko, LaPorte, Marshall and St. Joseph Counties.

Vivan L. Hockenbarger, Avilla, representing Area 3 which includes Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells and Whitley Counties.

Marjorie B. Simons, Idaville, representing Area 4 which includes Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White Counties.

John W. Beauchamp, Wabash, representing Area 5 which includes Cass, Fulton, Howard, Miami, Tipton and Wabash Counties.

Cecil Bake, Lynn, representing Area 6 which includes Blackford, Delaware, Grant, Henry, Jay, Madison and Randolph Counties.

W. Paul Newton, Terre Haute, representing Area 7 which includes Clay, Parke, Putnam, Sullivan, Vermillion and Vigo Counties.

Robert B. Eagleston, Greefield, representing Area 8 which irludes Boone, Hamilton, Hancock, Hendricks, Johnson, Marion, Mrgan and Shelby Counties.

The Reverend Peter T. Flcher, Rushville, representing Aea 9 which includes Fayette, Frnklin, Rush, Union and Wayne Counts.

Sister Evangela Brenner, lumbus, representing Area 11 wh includes Bartholomew, own, Decatur, Jackson and Jnings Counties.

Leo T. Fahey, Jr., Auroraepresenting Area 12 which ludes Dearborn, Jefferson, Ohio, ipley and Switzerland Counties.

Marian M. Rohleder Huntingburg, representing A 13A which includes Daviess, bois, Greene, Knox, Martin a Pike Counties.

Richard G. Byrne, Evville, representing Area 13B w includes Gibson, Perry, sey, Spenser, Vanderburgh and rrick Counties.

Mary H. Walker, Clarks rep-resenting Area 14 which ludes Clark, Floyd, Harrison a Scott Counties.

Harry E. Taylor, Millto epresenting Area 15 which ludes Crawford, Lawrence, Or and Washington Counties.

Nutrition site is scheduled to open on September 28 in Georgetown

The South Central Indiana Council for the Aging & Aged, Inc. in conjunction with the Georgetown Christian Church, will open a "total volunteer" senior citizens nutrition program on September 28.

The "total volunteer" concept is a new approach by the agency in addressing the psychological, sociological and nutritional needs of the elderly.

Due to lack of significant increases in federal dollars used to support elderly nutrition programs, the agency has been unable to expand their services. Surveys and requests reflect a growing need especially in the rural areas. The new approach to establishing volunteer sites to expand services was initiated last year when the South Central Indiana Council for the Aging & Aged, Inc. and The South Harrison Community Development Corporation joined forces and opened the "first" totally volunteer nutrition program in the State of Indiana. This team work and community commitment has enabled the agency to interest other rural areas in this approach to meeting needs of their older residents.

The Georgetown nutrition site will be the second of its kind in the state. The nutrition site will be open Monday through Friday 9 a.m.-2 p.m. and will provide noon lunches in a congregate setting for those seniors who are socially active and home delivered lunches to those who are confined and unable to prepare their own meals. The site will provide services to residents residing in Georgetown, Lanesville, Greenville, Floyd Knobs, Galena and Edwardsville. The nutrition site will operate with several goals in mind:

To generally enhance the quality of life for senior citizens, to provide nutritionally balanced congregate meals to socially active seniors in an effort to promote good health, to provide fellowship, recreation and education, to help eliminate isolation and depression in the elderly, to provide nutritionally balanced home delivered meals to the frail confined elderly in an effort to prevent institutionalization, to offer assistance to caregivers of homebound elderly and to provide numerous other services that would help promote wellness, longevity and maintain independence for seniors.

The Georgetown Christian Church has donated the use of the facility and all utilities, will coordinate and recruit all congregate and homebound volunteers and will pay a site manager to run the center. Although the South Central Indiana Council for the Aging & Ages, Inc., will encounter some expenses, the cost will be far less than other nutrition sites being supported with federal funding. The Georgetown Christian Church and the South Central Indiana Council for the Aging & Aged, Inc. extend an invitation to all senior citizens (60) years of age or older in the area to attend the grand opening of the nutrition program located at The Georgetown Christian Church fellowship hall, in Georgetown on September 28, noon. Meal reservations must be made no later than 1 p.m. on September 25. The number to call for reservations is 945-MEAL (6325).

The program is still looking for volunteers willing to deliver homebound meals, assist at the congregate site and help provide transporation for persons wanting to attend the congregate site. Anyone interested in volunteering should also call 945-MEAL (6325).

B6 The Evening News, Jeffersonville, Ind., Friday, August 28, 1987

The Tribune,
New Albany, Ind.,
Thursday, Oct. 15, 1987

Bell Award Rings Recipient's Chimes

By JACKIE HARRISON

Hearing about an annual award given by WLKY-TV didn't ring a bell with Ola Thornton, a Jeffersonville resident, until she was told she was the recipient of the 1987 Louisville Bell Foundation Award for her unselfish contribution to the community.

When the telephone call came from a WLKY-TV spoksperson, Thornton thought it was a joke until she recalled throwing away a letter addressed to her from the station. "I thought the letter was junk mail just like I thought the call was a prank," she began to explain. "I got the letter out of the trash and realized the award was for real. I was thrilled, absolutely thrilled."

Thornton, 67, cooks, sews, makes arts and crafts and listens to other seniors who simply want to chat. She takes pride in knowing she makes a difference in their lives and knows that seniors depend on her ability to help with various activities.

Thoroughout the years Thornton has felt she has something to offer others. She's volunteered her time to health care facilities and various organizations for most of her life. Now, she is proud to be receiving something exceptionally nice for her efforts.

While Thornton is described as a dedicated worker, what she isn't is modest. "I love me. My mother always said if you don't love yourself no one else will have any respect for you," she said. Her achievement put her in the spotlight of television cameras with Thronton loving every minute of it.

"When it came on the air I struggled to get up from the table yelling to my husband, 'Honey, lets go look at me on television.' I took so long getting up — I've got arthritis — we missed it," she said with a big laugh. "I hope they run it again."

It was the influence of her mother who worked in the Sarah Martin Old Folks Home in Louisville that gave her a sense of understanding with seniors at an early age. She says many older persons are disillussioned, lonely and out on their own needing someone to talk to. She's always felt she had something positive to offer seniors, now, she's receiving something for her efforts.

Not only has she received the award, but also a great deal of attention from family friends and "people in high places" which is in her opinion is a blessing. She said for someone who never had a great deal of formal education and has no college degrees, receiving an award of this type could only happen in

(See 'Bell Award,' page 2)

BELL AWARD WINNER — Ola Thornton, of Jeffersonville, is the only southern Indiana individual to receive a Bell Award this year from WLKY-TV for her volunteer work. Thornton volunteers her services at the Robert E. Lee Inn in New Albany, and various organizations in Jeffersonville and Charlestown. (Tribune Photo by Jackie Harrison)

Bell Award Rings Chimes For Jeff Recipient

(Continued from page 1)

America.

"I've gotten letters from the Kentucky governor Martha Lane Collins, Jerry Abramson, Mayor of Louisville, and Harvey Slone, former Louisville mayor. Anyone else that wants to send me a congratulatory letter can go right ahead and do so," she said with a chuckle.

Thornton may not have received any awards prior to this one for her work, but her generosity hasn't gone unnoticed by residents at the Robert E. Lee Retirement Inn. She's the associate director of activities at the Inn and says she knows her visits are appreciated. If she doesn't show up, the residents want to know where she is, Thronton claims.

She also keeps busy holding offices including first secretary at the Clark County Community Action Agency for the past five years, president of the Zone number two missionary mass meeting including 10 churches in New Albany, Jeffersonville and Charlestown, associate director of activities at the Ken Ellis Center in Jeffersonville and serving as secretary of the Southeast District Convention of the Indiana Baptist for 16 years. "I've done enough to become govenor," she exclaimed.

In addition, Thornton unsuccessfully ran for senior queen, another honor judged on community involvement.

Thornton stated though she's afflicted by arthritis, there's not a thing wrong with her mind and she intends to continue doing her volunteer work for as long as possible.

"I don't intend to ever get tired of volunteering my time, because people spoil me rotten," she said. "No way do I ever want to loose that."

Silver Linings
ly • Publication for • Those • 55 • Plus

a picture of
Sherrill Williams
is on page 6.
maybe a copy
for Beth

Seniors at Ken Ellis Center don't sit home

By KATHY DOUGHERTY
Tribune Staff Writer

A normal sight at the Ken Ellis Senior Center, 211 Martin Circle in Jeffersonville, is one of people sitting around tables chatting, using their hands to create a decorative craft and eating a down-home meal prepared for them by regular Louise Morton.

Though she's not a senior citizen, coordinator Sue Johnson seems to fit right in with the older crowd. The group that regularly attend the center find their lives would not be the same without it.

"Ken Ellis Center is keeping seniors active and young and able to go on their own," Johnson said. "I think the seniors who come to the Ken Ellis Center live longer. It's nice to get out and socialize and be with people."

And that's what happens at the center that's been established over 20 years. Johnson has directed the facility for 11 of those years. The Ken Ellis Senior Center was first set up by the South Central Council for the Aging and Aged Inc., which still serves as a sponsor along with Clark County United Way and the Jeffersonville Parks and Recreation Department.

"When I first came here there was no more than 10 (members). Today we usually have 20-40," she said. During monthly dinners and special events, there might be as many as 70 people attend.

Variety is the key to the appeal of the center, according to Johnson. Some seniors opt to take advantage of specific events, such as a scheduled trip. The senior center regularly sponsors a trip at reduced rates to places like Gatlinburg, Tenn. and Nashville, Tenn.

CRAFTY LADIES — Sue Johnson, seated background, discusses making a wooden angel ornament with people who attend the Ken Ellis Senior Center in Jeffersonville. The center offers a variety of activities and means for seniors to socialize.

(Tribune photo by Kathy Dougherty)

Johnson says many seniors go on the Ken Ellis sponsored trips because their own families don't like to take them. The Ken Ellis trips allow seniors to enjoy sightseeing at their own pace.

On the second Friday of each month, the center, through the Council on Aging, provides transportation for a shopping trip. The trip is free to those who have a TARC pass, and 35 cents for those who don't. In January seniors can shop at Jefferson Mall in Louisville.

Special guests offer presentations geared toward senior citizens' needs. A representative from a cosmetics company gave makeup tips, and others have spoken about Medicaid and retirement finances.

Spiritual awareness time is offered on Monday mornings, with seniors allowed to share personal feelings and experiences. To help seniors keep their bodies in shape, "seniorcize" is offered twice a week.

Then there's the Ken Ellis Singers, which performs at least once a month at area nursing homes. The group is scheduled to sing at the 1993 Indiana State Fair in Indianapolis Aug. 14, Johnson said. "We're looking for a piano player for Mondays," she said.

But the most consistent

(Continued on page 2C)

ORNAMENTAL DECORATIONS — Hanging on the Christmas tree inside the Ken Ellis Center are examples of the creativity of the seniors who attend there.

(Tribune photo by Kathy Dougherty)

Seniors at Ken Ellis Center keep busy, feel young at heart

(Continued from cover)

activity at Ken Ellis is the crafts making. "We have a different craft everyday," Johnson said. Crafts are stored in a small room at the center, then placed up for sale twice a year at a display at the Knights of Columbus in New Albany. Money earned goes to help fund activities sponsored by Ken Ellis.

In January seniors will begin making lap robes for the Retired Senior Volunteer Program in New Albany to distribute to area nursing home residents. The Ken Ellis Singers always bring something handmade to the nursing homes where they perform.

Not all crafts are given away. During Christmas week, seniors made angel ornaments to take home. They also had made every ornament hanging from an evergreen inside the center.

There aren't many men who attend the center, only six active. Johnson says she would like to see more take advantage of activities there.

There are about 10 who attend Ken Ellis almost everyday. Each discovered the center in a different way. But each has one common reason for attending: to keep from sitting at home.

"I come here mostly to settle my mind," explained Clarksville resident Jessie Bennett. Bennett is diabetic and has heart problems. "When I come here I'm all right. We take care of each other."

Bennett actually took her mother-in-law there and gradually started attending activities herself. "I wasn't doing anything but sitting around the house and feeling sorry for myself," she said. She's now been a regular for eight years. "I think I'm lost if I don't get here."

Ludie Gunn likes to help Johnson with activities. "I like to come here because I don't sit at the house too much," she said.

New Albany resident Goldie Schamel began attending 14 years ago as a volunteer assistant. Now she's a regular participant. She's worked under three other coordinators. Schamel doesn't have any special reason for attending the center except to say "I just like it. I just enjoy coming up here and doing things. A lot of times I don't do this stuff for the center. I just like the company."

Johnson says not everyone has to come and participate. "If they want to come by and talk they can," she said.

CLEANING UP — Ken Ellis cooks and regulars Louise Morton, foreground, and Ludie Gunn, clean up the kitchen inside the facility. The two prepare a lunch there everyday.

(Tribune photo by Kathy Dougherty)

Cook Louise Morton, 82, began coming to Ken Ellis 10 years ago after her doctor told her to stop working. Another member told her, "'Don't you just sit at home and rust out,'" Morton said. She began going to Ken Ellis once a week then eventually became the regular cook.

Morton says she feels the same sense of satisfaction she did when she went to work everyday. "I love my kitchen," she commented.

The newest member Leona Hepp started coming last March at Johnson's urging after her husband died two years ago. "It's changed my life around," she said. Hepp admits to being nervous about meeting new people before she came the first time. "After I got here I wasn't nervous anymore," Hepp said.

"I think that's the hardest part, coming that first day and meeting new people," added Johnson.

The center being closed for holidays doesn't stop Schamel from coming to Ken Ellis out of habit. "I always come and forget that they were going to be closed. I've been here lots of times when it was closed," she said.

January nutrition menu offered

Jan. 4 — smoked sausage, whipped potatoes, kraut, peaches; **Jan. 5** — stir fry beef and broccoli, rice, citrus salad; **Jan. 6** — oven fried chicken, whipped potatoes, peas and carrots, pineapple; **Jan. 7** — ham and beans winter slaw, stewed tomatoes banana; **Jan. 8** — chopped steak with brown gravy, scalloped potatoes, spinach, oatmeal cake;

Jan. 11 — spaghetti and meatballs, tossed salad, mixed fruit; **Jan. 12** — chicken and dumplings, beets, mandarin oranges; **Jan. 13** — turkey Manhattan, whipped potatoes, green beans, fruit pie; **Jan. 14** — barbecue hoagie, cream of broccoli soup, succotash, pineapple; **Jan. 15** — roast beef with gravy, baked potato, peas and carrots, applesauce;

Jan. 18 — closed for Martin Luther King birthday; **Jan. 19** — taco salad containing beef, lettuce, tomato, cheese and corn chips, Spanish rice, peaches; **Jan. 20** — ham steak with fruit glaze, sweet potato patty, seasoned green beans, angel food cake; **Jan. 21** — chicken cacciatore, tiny whole potatoes, broccoli cuts, pudding; **Jan. 22** — beef tips and noodles, carrots, orange;

Jan. 25 — sweet 'n' sour pork, rice, citrus salad; **Jan. 26** — meatloaf with tomato gravy, parslied potatoes, carrots, Jello fluff; **Jan. 27** — ham and beans with onions, carrot, pineapple and raisin salad, tomato juice, brownie; **Jan. 28** — sloppy joe, winter slaw, brussel sprouts, pears; **Jan. 29** — baked chicken, sweet potato patty, broccoli.

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Travelers can make most of dollar value

By JENNIFER MERIN
AP Special Features

NEW YORK (AP) — With the dollar's value and foreign currency exchange rates riding fortune's seesaw, many Americans fear European vacations will be budget busters. Not necessarily so.

You can stretch the dollar abroad, especially during winter's off-peak season, roughly from November through March.

Selecting a destination where dollar value is still relatively strong is important. Unless you just must visit Paris to see Fernando Bolcro's bronzes exhibited along the Champs-Elysees through January or shop at Nuremburg's famous Christmas market, choose Lisbon, Athens or Ankara for stronger dollar value. Plan to spend several days in small towns or countryside where hotels and restaurants are often cheaper than in the cities.

Plan far enough ahead to benefit from advance-booking discounts offered by airlines, hotels and tour operators. For example, British Airways' "London Showtime Tour," requiring 7-day advance booking, covers room, continental breakfast, ground transportation, show tickets and pre-theater dinner. Prices per person, double occupancy, start at $193 for three nights or $343 for six nights, plus airfare.

Hotels offering advance booking discounts include Pullman-Sofitel, Radisson, Forte and Intercontinental.

Eurailpasses, which must be purchased before you leave for Europe, deeply reduce the cost of inter-city travel.

Prepay with dollars for as much of the trip as possible — hotels, ground transportation, meals, car rental and sightseeing — or get price quotes guaranteed in dollars. This way, you can budget accurately and avoid costly sudden slides in dollar exchange rates.

Package tours not only meet the prepay requirement, they offer substantial savings. KLM's versatile "Europe on the Double" program includes round-trip airfare from New York to Amsterdam, hotel room for two nights with buffet breakfast, and a diamond factory visit, priced from $489 per person double occupancy.

To get the best exchange rates on foreign currency for spending money, change a few dollars at a time at U.S. banks or money changers (Deak-Perrera, for example). This will average out the rates, which change daily.

For safety and convenience, carry travelers' checks in the currency of the country you are visiting. Thomas Cook sells and cashes them without charging a commission. Foreign currency travelers' checks are also available from American Express, Visa and Citibank.

When changing money in Europe, do so at a bank. The rates are better than at hotels or private money changers.

Where possible, pay with a Visa or Mastercard to get optimum wholesale exchange rates available only to banks. Credit card purchases also enable you to keep accurate records and protect yourself against payment for goods or services not delivered as contracted.

Use reliable, knowledgeable travel agents. Contact national tourist offices and airlines for information on discounted rates and current events and to comparison shop for destinations.

When abroad, visit local tourist offices for listings of free events or to buy vouchers for inexpensive meals or one-fee "city cards." These cards can include unlimited use of local transportation, admission to museums or other sights and discounts at selected hotels and restaurants. Money-saving city cards are available in London, Paris, Brussels, Stockholm, Oslo, Copenhagen, Helsinki, Vienna and Lisbon.

For a convenient overview of bargains and upcoming events, write for the European Travel Commission's free "Planning Your Trip to Europe" brochure, available from European Planner, Box 9012, East Setauket, N.Y. 11733.

HAPPY HOLIDAYS — Members of the Southern Indiana's Hairdressers Association recently hosted a holiday party for residents of New Albany Care Center, 1919 Bono Road. From left, are: elf Brittany Roddy, resident Carrie Carman, Santa Tim Myers, Mrs. Claus Wretha Ashley, resident Corrine Conniff and resident Cora McDonough.

(Tribune photo by Charles Conrad)

"For The First Time I Can See My Grandchild's Freckles!"
(as quoted from a cataract surgery patient)

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Good neighbor bakes for everyone who needs cheering

By KATHY DOUGHERTY
Tribune Staff Writer

GOOD neighbors are a rare commodity nowadays.

But to Virginia Shaffer, 72, of New Albany, being a good neighbor is her mission in life. The Elizabeth native easily shares her talents with others — baking.

For the holidays Shaffer has been especially busy creating pies and sweet confections to distribute to members of her church Parkway Southern Baptist Church on Corydon Pike and to surrounding neighbors.

"I just love to bake. I'm just always baking and love to give it to somebody," Shaffer said.

Shaffer moved to New Albany 28 years ago after her husband died at age 48 and she took a job as a sander with Bruce Fox Inc. Shaffer had never worked before. "I just knew I had to. I had two kids at home yet," she said. Before her Bruce Fox job, she cleaned houses for 60 cents an hour.

Now Shaffer views herself as an independent person who does for herself. Although she doesn't drive, Shaffer keeps plenty busy by walking to Parkway just across the street. She serves as one of the church's two paid custodians, treasurer for the Sunday school class and she cooks for the Wednesday night prayer meetings. She also serves as host of Family Night every three months.

Shaffer also cleans the home of a 90-year-old man who lives in Georgetown. At his home she grows a crooked-neck squash called cushaw, which she uses to make a pie similar to pumpkin. In her own yard Shaffer maintains a small garden where she grows cabbage, lettuce, green beans, beets and cucumbers.

"I can my own green beans, beets, cucumbers. I'm all the time giving my beets away," she said. Shaffer also cans the cushaw for her pies. "I have my own recipe. You can't find it anywhere," she said.

But her first love is baking, which she does at least several times a week, and more during special occasions.

Coming from a large family with six siblings, Shaffer began baking when she was 8 years old. Through that large family Shaffer learned about sharing. "I've always been so giving. I just like to share. Anything good that I've got I want to share it," she said.

Aside from her cushaw pie, another specialty of Shaffer's is fruit cake, which is nothing like the processed packaged kind bought at the store. "I baked six fruit cakes and gave them all away except one," she said. "This is really an old recipe."

Another specialty is her carrot cake. "One of my best cakes was my carrot cake. A lot of people don't put crushed pineapple in it and that makes it so moist," she said of her secret to success.

Her kitchen table during the holidays was covered with tins containing her homemade dark chocolate and walnut fudge, peanut butter fudge and apple spice cookies. "I have made five batches of candy," she said.

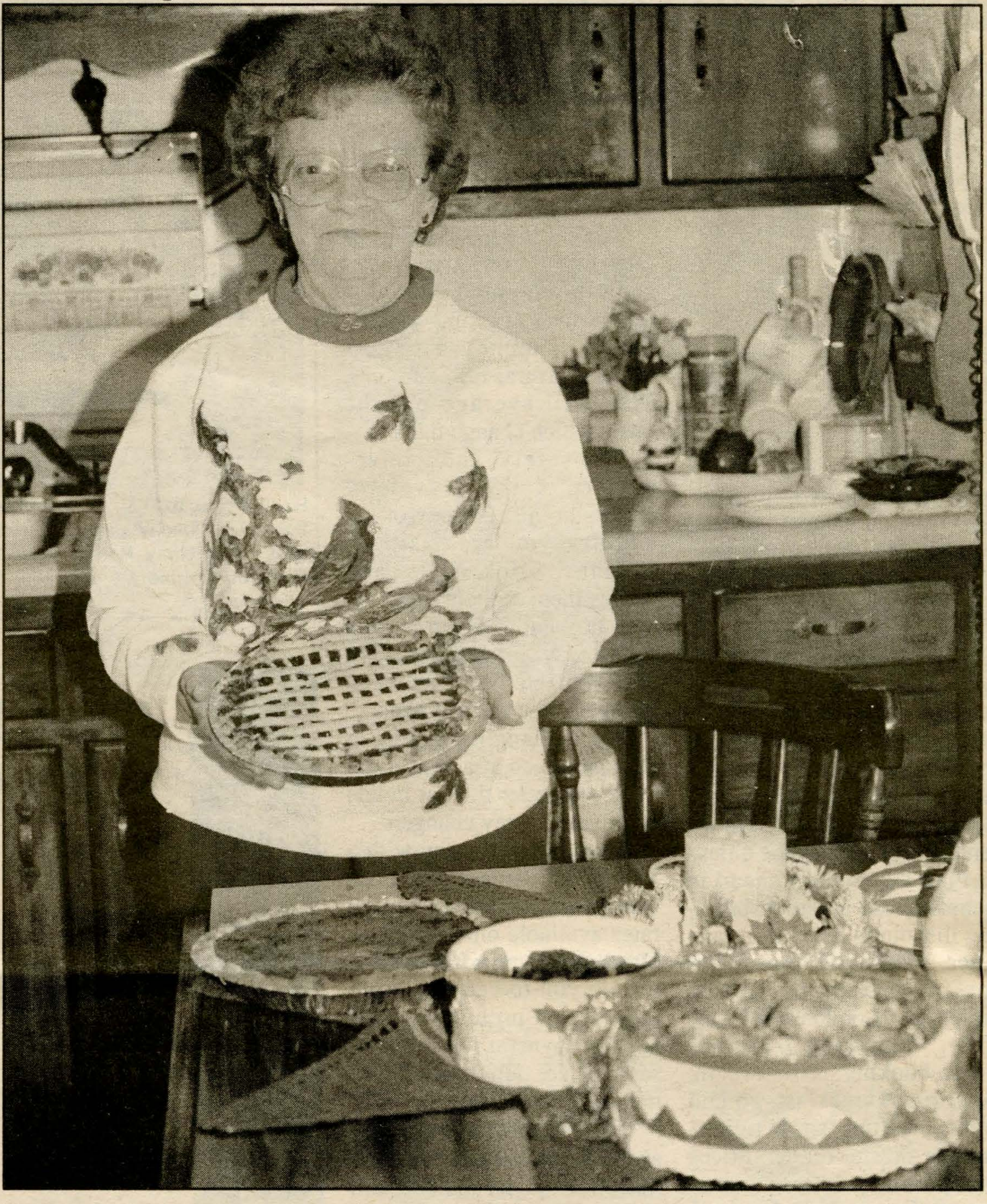
In her spare time, Shaffer sews hems and other alterations for friends and acquaintances. She doesn't create apparel from scratch, however.

Three of her four children, now adults live in Southern Indiana and visit to taste her delectables. Shaffer's second oldest son died at age 47 in a tractor accident several years ago. Shaffer has five grandchildren and one great-grandchild to spend the holidays with.

Many of Shaffer's neighbors and friends often give her gifts in return for the sweets she's given to them. Shaffer's been known to cook dinner complete with dessert for those who are sick or unable for some reason. Many show their appreciation verbally.

"To be a neighbor you've got to be a neighbor yourself," Shaffer explained.

While she loves to bake, Shaffer admits she doesn't enjoy the aftermath. "My kitchen's usually a mess," she said.



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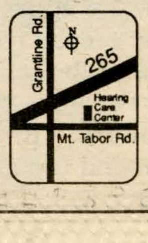

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New Hope's first retiree recalls early years

NEWLY RETIRED — New Hope Services Inc.'s first retiree, bus driver Buelah Freels, accepts a gift from executive director Jim Bosley during a reception, recently.

(Photo courtesy New Hope)

What were you doing on Jan. 13, 1969? Some of us were just being born, some were enteringv first grade, while others were being drafted or welcoming a new grandchild.

Buelah Freels was starting her first day on the job as a bus driver for New Hope Services Inc. And now, 23 years later, Freels is becoming the first retiree of New Hope.

New Hope is a private, non-profit organization that provides early intervention programs for children and vocational rehabilitation services for adults with developmental disabilities.

"Granny" as Freels is affectionately called by co-workers and passengers, drove children and families and adult clients to and from New Hope' facilities and the center on Wall Street in Jeffersonville.

"I've seen numerous changes from the day that I first started working with New Hope to now. Their department of transportation grew from two small buses and one van to 10 buses and three vans, and its locations went from a room in a preschool to two facilities for adults and three for children and families.

"Granny was a safe and responsible driver with a nearly perfect driving record," said Marcia Hammack, director of transportation for New Hope.

"Granny went through seven executive directors at New Hope before she met me 13 years ago, and I heard that her first month onthe job — back when New Hope had no vehicle maintenance crew or transportation department — the wheels fell off of her bus... she's certainly a very patient, dedicated and dependable employee," said Jim Bosley, executive director of New Hope. "New Hope Services will miss Granny and we all miss her the very best."

This article was submitted by New Hope Services Inc. in Jeffersonville.

Grass still grows in wintertime

By LEE REICH
AP Special Features

Just because vegetables and flowers are waning with cool weather, and trees are losing their leaves, does not mean that the grass has stopped growing.

Cool-season grasses — such as fescues and bluegrasses — are so-called because they make most of their growth during the cool, moist months of spring and fall.

Continue to mow, as needed, but do not mow too closely. Those blades of grass are what make food for grass plants, and the plants should not enter the winter hungry. Mow no lower than 1½ to 2 inches.

If the mower spews out thick clumps of chopped grass and leaves in its wake, then you will have to rake or attach the mower's grass-catcher. Otherwise, those thick clumps are apt to mat down and smother the lawn, inviting fungal diseases.

If you have been mowing regularly, and large-leaved trees such as sycamores or maples do not tower over your lawn, your mower probably can grind up and throw around leaves and grass well enough so that you do not have to rake.

Allowing leaves and cut grass to remain in place actually improves the lawn. Earthworms will pull these materials down into the soil and chew them up, turning them into rich humus which, in turn, will feed your lawn next year and keep the soil spongy and soft.

While you are cutting, think back to last summer. Was the lawn a lush, green carpet, or was it somewhat sickly? Perhaps it was underfed.

Nitrogen is the nutrient most needed in a lawn fertilizer, so look for bags of fertilizer with an N-P-K ratio of about 2-1-1 (such as 20-10-10, 10-5-5, etc.).

Fertilizers least likely to leach out of the soil by spring are organic fertilizers, slow release fertilizers, and those whose nitrogen is in the ammonium form. All this is spelled out in fine print on the fertilizer bag.

A soil test will tell you how much fertilizer to use. But once you get going sprucing up the lawn, you probably do not want to stop, take a test, then wait a couple of weeks for the results. So here's a rule of thumb:

Each year add about 10 pounds of a fertilizer with 10 percent nitrogen (i.e. one pound of actual nitrogen) for every thousand square feet of lawn. Less fertilizer is needed for already-fertile soils, for grasses made up mostly of fescues, and for those who want to spend less time mowing.

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New studies show benefits to estrogen

By DANIEL Q. HANEY
AP Science Writer

BOSTON (AP) — Estrogen pills ease older women through the change of life. The medicine smooths out their hot flashes and mood swings. It keeps their hearts healthy and their bones strong.

Yet many are afraid of it.

The reason is the dark side of this useful and powerful hormone — the possibility that it will cause breast cancer.

"You can talk to women about their hearts and bones. But their primary fear is the risk of breast cancer," said Dr. Janet Henrich of Yale University.

Dozens of studies over the years have looked at the possible link between estrogen replacement and this form of cancer. The results are dismayingly confusing.

Some seem to suggest that taking estrogen after menopause raises the risk of this terrifying disease, which strikes about 180,000 U.S. women annually. Others find no connection. Some even hint that estrogen somehow prevents breast cancer.

Now, experts have begun to try to make sense of these conflicting reports. Their findings should be reassuring for the millions of women who are at the change of life and beyond.

The emerging consensus suggests that a few years of estrogen use almost certainly does not cause breast cancer.

In a recent report in the Journal of the American Medical Association, Henrich reviewed 24 studies and three so-called meta-analyses, reports that try to combine the results of smaller, inconclusive studies.

"In women who use estrogen for short periods of time, most of the evidence indicates that there is not an increased risk of breast cancer," said Henrich.

She and several other experts say that women can take estrogen for five years and perhaps longer without putting themselves at higher risk of the disease.

About 75 percent of menopausal women experience symptoms of menopause, and for some they are severe. Typically they include hot flashes, vaginal dryness, poor sleep, trouble concentrating and tearfulness.

Women who have a family history of breast cancer are often discouraged from taking estrogen. However, Henrich said her review found "surprisingly little data" to show estrogen is bad for them, either.

Estrogen can also increase the risk of endometrial cancer, perhaps tenfold. However, this cancer is rare and highly curable if detected early.

Two other effects of estrogen have led some to recommend lifelong use of estrogen after menopause. Studies have shown that women who take the hormone may cut in half their risk of heart disease, the biggest killer of both women and men. Estrogen also appears to ward off osteoporosis, the brittle bone condition that leads to broken hips and other disabling fractures in old age.

Whether longer use of estrogen raises the risk of breast cancer is unclear. While some suspect it may modestly increase the hazard, Henrich said the results of studies are simply too inconclusive and inconsistent to say for sure.

Even if estrogen does sometimes cause breast cancer, experts say the treatment may well save more lives than it takes by reducing the hazards of heart disease and osteoporosis.

SEASON TO GIVE — Students from Prosser Vocational Center recently collected gifts for the Senior Angel Tree program. From left are Sherrill Williams, with South Central Council on Aging and Aged Inc., students Doris Taylor, Belinda Ellis, and Marci Rainbolt.

(Tribune photo by Don Beck)

Ken Ellis plans January events

The Ken Ellis Singers and Skit Players will take a hiatus, after having recently performed at Wedgewood Manor, until April. But practices will begin in January at 10:30 a.m. Mondays. The group is open to everyone.

On Tuesdays and Thursdays seniors get in shape with "seniorcize" at the Ken Ellis Center, located at 211 Martin Circle in Jeffersonville. Transportation is available.

Visiting Nurse Association will give free blood pressure screenings the first Monday and third Thursday of each month at the center from 10-11 a.m.

Ken Ellis will offer new programs in January, including "name your game," "reminisce" and a calligraphy course. Supplies needed for calligraphy will be discussed at the first class Jan. 20.

Shoppers trip to Jefferson Mall is Jan. 8. A lunch at Cracker Barrel Restaurant is Jan. 29. Sign ups are available for the February trip to the Shriner's circus.

There's a Silver Lining to advertising in *The Tribune*. Call 944-6481 to find out how.

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Author suggests annuals as beautiful

By JAMES WALTERS
Associated Press

PHOENIX (AP) — Annuals for Connoisseurs sounds more like an oxymoron than the title of a book. But author Wayne Winterrowd is persuasive in contending that serious gardeners make a mistake by regarding annuals as an embarrassing indulgence or a quick fix for problem locations.

He introduces dozens of his favorites in detail, tells how to coax the loveliest displays from them, and explains the best techniques of propagation and maintenance for each.

"There is no color, shade or tint, and no shape — whether daisy, spike, umbel, panicle, raceme or cyme — that cannot be found in some annual or another," he says.

The subtitle of the book is "classics and novelties from abelmoschus to zinnia." Those looking for the rare and unusual may be surprised by his high regard for zinnia and marigold, surely two of the most common.

He tells of a woman who all her life had been famous for the beauty of her flowers. With the advance of age she was forced to abandon one section of her garden and then another. Finally she planted only zinnias.

"Though I am still far from contractions downward to one single flower, I am not sure that in the end it will not be zinnias for me as well," he says. "Only marigolds would be a rival."

However, Winterrowd is at his best pinpointing the unusual. Take zinnia. The most familiar grown are bred from Z. elegans, a Mexican native. Of those, he suggests 6-inch bushes with double flowers; 36-inch plants for cutting, and 24-inch plants with rounded masses of petals.

Then he describes Z. angustifolia (sometimes known as Z. linearis) as "well worth planting where a sheet of burning color is wanted." He notes its drought tolerance and how "from initial opening to summer's end one will never see a shabby flower or a spent flower on the plants."

The book is one of the first released under the imprimatur of Horticulture Magazine (Prentice Hall, $25).

In the foreword, Christopher Lloyd says, "I have seldom enjoyed a gardening book more" and adds, "It would be rash to argue with" Winterrowd's recommendations and techniques. My assessment is the same on both counts.

Winterrowd, born in Louisiana, now lives and gardens in Vermont. After receiving graduate degrees in French and English, he taught school for 26 years. In 1977 he and Joe Eck began building the gardens at North Hill in Vermont. They also are partners in a garden design firm.

"Of all the major groups of plants (trees, shrubs, perennials, grasses and ferns), annuals have as much to offer as any, and it could be argued, more," Winterrowd contends.

One problem with annuals, of course, is deciding what they are. Technically, they are plants that complete the natural cycle from seed through growth, flower, seed production and death in a single season.

"But many plants treated as annuals throughout much of North America are in fact tender perennials, native to climates so mild they can regenerate from woody crowns or stray bits of roots for many seasons," says Winterrowd.

"Others produce corms, rhizomes, or tubers that can, if lifted and stored in a cool dark place over winter, become family heirlooms. Then there are shrubs and subshrubs that can be potted to flower on a sunny windowsill ... and biennials."

Such distinctions, of course, are irrelevant to a gardener who buys plants in the spring, enjoys them for a summer and bids them farewell with frost.

Winterrowd clearly sides with the gardener who, instead, works with a particular plant's needs "and the hard-won knowledge of one's own patch and gardening practices."

He suggests it's always helpful to know a plant's general tolerance to cold and divides annuals into hardy, half-hardy and tender.

GATHERING GOODIES — Several Indiana University Southeast nursing students recently filled 15 holiday baskets for area seniors in need. From left are Louise Suleiman, associate professor and president of South Central Council on Aging and Aged's advisory council; and nursing students Debbie Loyd, Nikki Mitchell, Mary Lou Kitterman, Sharon Stegner, Janice Tablor and Kathy Stage.

(Photo courtesy IU Southeast)

Retiree runs mom and pop shop

By THERESA HUMPHREY
Associated Press Writer

FELTON, Del. (AP) — There aren't many places left like the Crosbury Store. Peppermints and miniature Tootsie Rolls are still a penny. A nickel will get you a little box of candy cigarettes.

Samuel Short runs the store with his son Harvey. They've been at it for a year and a half.

It's nothing fancy. Just a small one-room building on busy U.S. 13 in Felton, just past the abandoned Diamond Roller Rink. A kerosene heater sits by the back door for heat, and the Shorts use two of them when it gets real cold.

A bright red sign hangs from the ceiling: "NO LAYWAY NO CHECKS NO CREDIT SOLD AS IS!"

Harvey tallies customers' bills on the adding machine, but it doesn't have a register tape and he's not in any hurry to buy one. Why should he? He keeps track of daily sales in a little pocket note pad, writing down the item and price. At the end of the day he adds it all up.

The Shorts make a little bit of profit. Not much, but enough to keep them busy. Besides, Sam, who turned 75 on Thanksgiving, doesn't want to just sit at home and chew tobacco.

"I'm retired now and I'd rather be doing something than sittin' home in a rockin' chair. It's just for a hobby," Sam said.

Harvey, 45, does janitorial work at night. The store is his preparation for retirement.

"You got to prepare yourself for the future. When I retire, I want to be able to do something. I got my future right now," he said.

Get the facts about Alzheimer's Disease

- Alzheimer's Disease is a progressive, irreversible neurological disorder that affects an estimated 4 million American adults. The disease knows no social or economic boundaries and affects men and women almost equally.
- Alzheimer's Disease is devastating for both the person with the disease and their families. It has been called "The Disease of the Century."
- Symptoms of Alzheimer's Disease include a gradual memory loss, decline in ability to perform routine tasks, impairment of judgment, disorientation, personality change, difficulty in learning, and loss of language skills.
- No cure is yet known for Alzheimer's Disease, although good planning combined with medical and social management can ease the burdens that affect adults and their families.

Learn more about Alzheimer's Disease. Call us today for free information on Alzheimer's Disease. Or, ask about our special care unit built especially to provide services for the treatment of Alzheimer's Disease..

ROLLING HILLS
HEALTH CARE CENTER

3625 St. Joseph Road • New Albany • 948-0670

"The Alzheimer's Support Professionals"

1406

Investments need to start early

By LARRY THOMAS
Tribune Staff Writer

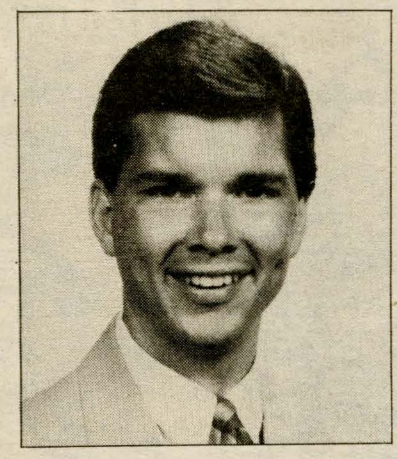
If there's one thing first-time, middle-aged investors should do it's to be cautious with their funds, experts say.

"Now 65 is middle age. It used to be old," said insurance and investment planner Mike Ricke of Ricke and Associates. "If you're 50 or 60 you better plan to live into your 80s or 90s. The fastest growing segment of our population is the group of people over 80."

Dave Lobeck, an investment representative with Edward D. Jones & Co., said people should begin investing as soon as possible but he thinks there are helpful steps first-time, middle-aged investors can take.

"Historically, good quality blue chip stocks have outperformed other investments over five- or 10-year periods," said Lobeck.

Lobeck added that a good, systematic investment program — even for those with little to invest — can be helpful for long-term security.


MIKE RICKE
...says to invest at 65.

Ricke's advice to first-time, middle-aged investors is to pay attention to asset accumulation, that is, to make certain one's asset growth rate remains ahead of inflation and taxes. He thinks annuities are good options to consider.

"If you're going to set aside money for future use, don't pay taxes on it until you use it," said Ricke.

Lobeck said people who are waiting for interest rates on 30-year government bonds to return to their inflated levels of the early 1980s are wasting their time.

"They keep waiting for these interest rates to bet back to 13 to 15 percent. We tell them to forget it," said Lobeck. "It could be 200 years before rates get to that plateau again. It took 200 years for them to get there once."

Ricke said people ought not consider certificates of deposit as investment options.

"CDs are short-term, safe places to keep your money," said Ricke. "They're parking spots and were never intended to be investments."

Ricke said most middle-aged people know they ought to plan for their futures, even if they have not done so.

"Everyone is aware that they should plan before they actually do it," said Ricke. "These people, for the most part, are much more aware of what they need to do than younger people."

Wedgewood Manor
Healthcare Center

HILLHAVEN

Happy New Year!!!
This is the time for reflections and resolutions. The residents of Wedgewood Manor would like to thank everyone who helped make 1992 a good year to remember, especially the Council On Aged, VFW Salvation Army and the Wedgewood Manor Staff members. Our church groups and organizations, family members, friends and volunteers also contributed time, love and gifts, making this a wonderful year and Christmas.
The Activity Department and staff of Wedgewood Manor resolve to continue the quality of care, love and support that goes into making Wedgewood Manor the kind of Healthcare Center we are all so proud of....

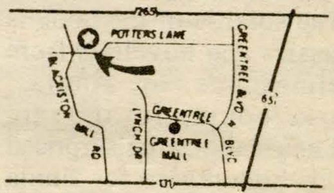
"Come visit......Our door is always open"

INDIANA HEALTH CARE ASSOCIATION

A MEMBER OF
ahca
American Health Care Association

Inez Voyles,
Administrator

101 Potters Lane,
Clarksville, IN 47129
948-0808



MUNICIPAL BONDS

Description:

Municipal bonds are fixed-income investments issued by villages, cities, counties, states, state agencies or special districts. Basically, there are two types of muncipal bonds: general obligation bonds and revenue bonds. General obligation bonds are backed by the taxing power of the issuer. An example of a general obligation bond is a school bond that is sold to build a new school building in your town. The property taxes paid by town residents will pay interest and principal to the bondholders. An example of a revenue bond is a toll road bond. The bonds are sold to raise funds to build a needed toll road. Once it is built the people using the road pay tolls. The revenues from the collected tolls are used to pay interest and principal to the bondholders, and the project pays for itself.

Objective:

To provide income that is free from federal income tax and, in some cases, state and local income tax.

Suitability:

Municipal bonds are well-suited for income-oriented investors seeking tax-free income.

Product Features:

* Regular Income - Municipal bonds offer a fixed rate of return, payable semi-annually, so investors know exactly how much income they'll receive.

* Tax Advantages - The interest earned from municipal bonds is free from federal income tax and, in some cases, state and local tax.

* Liquidity - Municipal bonds may be sold on any business day at their current market value. This may be more or less than the amount originally invested.

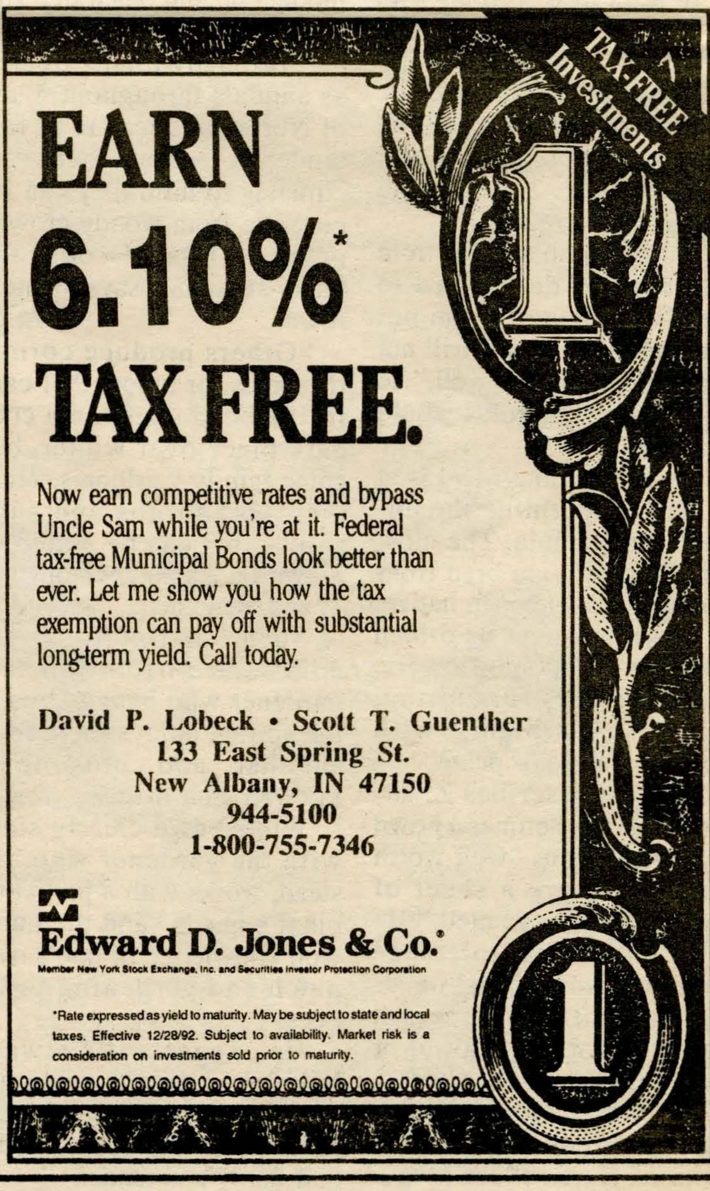
* Safety - Many municipal bonds are insured. This insurance provides for the timely payment of principal and interest.

* Call Protection - When initially offered, municipal bonds usually provide protection for a specific period of time against the bonds being redeemed prior to maturity.

* Growth of Principal - Because municipal bonds are fixed-income investments, they allow only for limited growth of principal.

* Minimum Purchase - Municipal bonds are purchased in multiples of $5,000 with a minimum purchase of $5,000.

Diversification should be of major importance when considering any investment.



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*Rate expressed as yield to maturity. May be subject to state and local taxes. Effective 12/28/92. Subject to availability. Market risk is a consideration on investments sold prior to maturity.

E. News
7/19/88

Staff photo by Ron Dick

OLDER HOOSIER OF THE YEAR, Robert Carig, Sr., was announced during a special ceremony held at Yellowwood Terrace, Clarksville. He is involved in many community organizations and is one of the foudners of Hospice of Indiana. Pictured from left are Robert Potter, master of ceremonies, Robert Craig, Sr., award recipient, Mary Helen Walker, 1987 Older Hoosier and Patricia Jewell, executive director.

Tribune
7/10/88

3A

Special Day For Seniors Set At Fair

The South Central Indiana Council for the Aging & Aged, Inc. is sponsoring Area 14 Day at the Indiana State Fair on Tuesday, Aug. 23. Local musicians will be providing entertainment on that day in the *Senior Citizens Building.*

A trip to the State Fair in Indianapolis is being planned for persons 60 years of age or older and residents of Clark, Floyd, Harrison or Scott Counties. Air-conditioned buses will leave various pickup points at 8:30 a.m. and will return at approximately 6:30 p.m.

The trip fee will be $12 which includes transportation to and from the Fair and admission ticket. The fee does not include meals. The trip fee will be accepted at the main office, 134 E. Main St., New Albany the week of July 25-29 and August 1-5. The fee cannot be refunded.

Persons over the age of 60 and Indiana residents may enter the State Fair Art Contest. There is no entry fee or pre-registration. The art contest will consist of the following categories and divisions:

Painting: a. Professional division; b. Advanced division; c. Amateur division.

Sculpture: open division.

Photography: open division

For more information or entry forms, call the Council on Aging at 948-8330.

E. News
7/14/88

A list of upcoming special events

Southern Indiana.

A recent development in the Crit Club activities has been the purchase of an hour and forty-five minute video tape of a John Michael Carter demonstration in still life oil painting. It has been suggested that as funds become available the club should develop a library of educational materials for loan to club members. The video still life tape is the first in a series of four tapes prepared by Carter for non-commercial use.

The Crit Club meeting dates for both July and August will be held on the third Monday of each month in the New Albany-Floyd County Public Library Auditorium, at 7:30 p.m. The public is invited and may bring one or two paintings to be critiqued for a small donation to share in club expenses. For further information please call President Joyce Sweet Bryant, 945-7561.

The South Central Indiana Council for the Aging & Aged, Inc., is sponsoring Area 14 Day at the Indiana State Fair on Tuesday, Aug. 23. Local musicians will be providing entertainment on that day in the Senior Citizens Building.

A trip to the State Fair in Indianapolis is being planned for persons 60 years of age or older and residents of Clark, Floyd, Harrison or Scott counties. Air conditioned buses will leave various pick up points at 8:30 a.m. (EDT) and will return at approximately 6:30 p.m. (EDT). The trip fee will be $12 which includes transportation to and from the fair and admission ticket. The fee does not include meals. The trip fee will be accepted at the main office, 134 E. Main St., New Albany, the week of July 25-29 and Aug. 1-5. The fee cannot be refunded.

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Painting: a. Professional division, b. Advanced division, c. Amateur division. Sculpture: open division.

Photography: open division.

For more information or entry forms, call the Council on Aging at 948-8330.

Area 14 Day to be at State Fair

The South Central Indiana Council for the Aging & Aged Inc. is sponsoring Area 14 Day at the Indiana State Fair on Tuesday, Aug. 23. Local musicians will be providing entertainment on that day in the Senior Citizens Building.

A trip to the State Fair in Indianapolis is being planned for persons 60 years of age or older and residents of Clark, Floyd, Harrison or Scott Counties. Air conditioned buses will leave various pick up points at 8:30 a.m. (EDT) and will return at approximately 6:30 p.m. (EDT).

The trip fee will be $12, which includes transportation to and from the fair and admission ticket. The fee does not include meals.

The trip fee will be accepted at the main office, 134 E. Main St., New Albany, the week of July 25-29 and Aug. 1-5. The fee cannot be refunded.

Persons over the age of 60 who are Indiana residents may enter the State Fair Art Contest. There is no entry fee or pre-registration.

The art contest will consist of the following categories and divisions:

Painting:
a. Professional division
b. Advanced division
c. Amateur division
Sculpture: open division
Photography: open division

For more information, entry forms, etc., call the Council on Aging at 948-8330.

7/13/88
Banner Gazette

Senior citizen day at the state fair set

The South Central Indiana Council for the Aging & Aged Inc. is sponsoring Area 14 Day at the Indiana State Fair on Tuesday, Aug. 23. Local musicians will provide entertainment that day in the Senior Citizens Building.

A press release said a trip to the state fair in Indianapolis is being planned for persons 60 years of age or older and residents of Harrison, Floyd, Clark of Scott counties. Air conditioned buses will leave various pick up points at 8:30 a.m. and will return at approximately 6:30 p.m. A trip fee of $12 will be changed, which includes transportation to and from the fair and admission ticket. The fee does not include meals. The trip fee will be accepted at the main office, 134 E. Main St., New Albany, the week of July 25 to 29 and Aug. 1 to 5. The fee cannot be refunded.

Persons over the age of 60 and Indiana residents may enter the State Fair Art Contest. There is no entry fee or pre-registration. The art contest will consist of the following categories and divisions:

Painting: professional, advance and amateur division; Sculpture and Photography, open divisions.

For more information, entry forms, etc., call the Council on Aging at 948-8330.

Corydon Democrat
7/13/88

8A

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, July 17, 1988

SENIORS RECEIVE HONORS — Robert Craig, newly selected Area 14 Older Hoosier of the Year and Louise Morton, Area 14 Senior Queen, center, are congratulated by Patricia Jewell, right, executive director of the South Central Indiana Council for the Aging and Aged, Inc. Adding to those honors Carolyn Eve, left, Floyd County Treasurer, presents them with certificates making them honorary treasurers of Floyd County.

(Tribune Photo by Don Beck)

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10 The Evening News, Jeffersonville, Ind., Tuesday, July 19, 1988

Staff photo by Ron Dick

A LUNCHEON was held at Yellowwood Terrace, Clarksville, honoring Senior Queen for 1988, Louise Morton, an active member of the Ken Ellis Center where she cooks five days a week for the seniors who attend. Pictured from left are Robert Potter, master of ceremonies, Louise, award recipient, Wilma Albin, 1987 senior queen and Patricia Jewell, executive director. The Area 14 senior queen award is sponsored by Kiwanis of New Albany, Inc., the Jeffersonville Jaycees and the South Central Indiana Council for the Aging and Aged, Inc.

VFW VAN CHECK — The Floyd County Post of the Veterans of Foreign Wars donated a check to the transportation program of the Council for Older Americans. The program is operated by the council in four counties to transport elderly persons who have no transportation for shopping or doctor appointments. From left are James Hammonds, quartermaster for VFW, left, James Weatherly, commander, Ellen Kraus, council board member and council director Bobbie Napier. (Tribune Photo by Don Beck)

B 4 THE INDIANA WEEKLY, WEDNESDAY, SEPT. 23, 1987E

WHAT'S HAPPENING IN FLOYD COUNTY

ED
SCHUELER

Special events

"Murder Mystery at *Yesterday* House," sponsored by Indiana University Southeast, is a program for persons who wish to become super sleuths for an evening. Participants will try to unravel the case of "The Wire Web" at 7:30 p.m. Oct. 2 beginning at Yesterday House in New Albany and then proceeding to other sites including the Culbertson Mansion. Participants should wear comfortable shoes and bring a flashlight. Hors d'oeuvres will be served after the mystery is solved. The cost is $20. For reservations, call 945-2731, Ext. 206, by tomorrow.

Volunteer nutrition service to begin in Georgetown

The South Central Indiana Council for the Aging & Aged Inc., in conjunction with Georgetown Christian Church, will open a volunteer senior citizens' nutrition program Monday at the church.

The council began *expanding its* services by establishing volunteer sites last year when it joined the South Harrison Community Development Corp. in opening what it claims was the first strictly volunteer nutrition program in the state of Indiana.

The Georgetown site, the second such program undertaken by the council, will be open from 9 a.m. to 2 p.m. Monday through Friday and will provide noon lunches in a group setting for seniors who are able to be there and home-delivered lunches to those who are confined and unable to prepare meals.

The site will provide services to residents of Georgetown, Lanesville, Greenville, Floyds Knobs, Galena and Edwardsville.

Citizens 60 and older are invited to attend the grand opening for the noon meal. Make reservations by 1 p.m. Friday by calling 945-6325.

The program still needs volunteers to deliver meals, assist at the site and help provide transportation for persons wanting to attend the group site.

For more information or to volunteer, call 945-6325.

is available. For more information

B 2 THE COURIER-JOURNAL WEDNESDAY, OCTOBER 14, 1987

INDIANA DIGEST

COMPILED BY ED SCHUELER

A **speakers bureau** recently created by the Indiana Soldiers and Sailors' Monument Restoration Project in Indianapolis has speakers available to make presentations on the second phase of the monument's restoration. That work, which involves the restoration of the monument's interior, will begin in November. Speakers are available for meetings at breakfast, lunch and dinner. A 20-minute slide presentation about the monument's history, significance and restoration, followed by a question-and-answer period, is included. An additional $3.5 million is needed to complete the project. For more information, call (317) 633-1784.

•

The **annual area hearing and legislative seminar,** sponsored by South Central Indiana Council for the Aging & Aged Inc., Area 14 Agency, will run from 10 a.m. to 2 p.m. Oct. 27 at Trinity United Methodist Church, 2796 Charlestown Road, New Albany. The hearing will give older people the chance to comment on the objectives and budgets for fiscal 1988 and 1989. Legislators from the area will discuss priorities for next year's legislative session. The cost of the lunch will be a donation for those 60 and older and $3 for those under 60. Reservations for the meal can be made by calling 945-6325 by Oct. 21. Limited transportation is available; call 948-9701 by Oct. 21.

•

Mixed-media art by Michelle Castro of Lafayette will be on display through October in the Fine Arts Gallery at Indiana University Southeast. The gallery is on the first floor of the library building on the campus, 4201 Grant Line Road, New Albany. Admission is free and open to the public from 9 a.m. to 9 p.m. Monday through Thursday and from 9 a.m. to 5 p.m. on Friday.

•

Bloodmobiles from the American Red Cross are scheduled for tomorrow at Floyd Memorial Hospital, 1850 State St., New Albany, from 10 a.m. to 2 p.m.; Clark County Memorial Hospital, 1220 Missouri Ave., Jeffersonville, from 2 to 7 p.m.; and South Central High School, IND 11 in Harrison County, from 3 to 7 p.m.

MEETINGS TOMORROW

Take Off Pounds Sensibly. Chapter 436, Recreation Center, 201 National Ave., Jeffersonville, 10:30 a.m.; Chapter 963, Jacobs Chapel United Methodist Church, Charlestown Road, New Albany, 7 p.m.

New Directions. Mount Tabor Elementary School, 800 Mount Tabor Road, New Albany, 3:30 p.m. This is a free Floyd County project for the prevention of delinquency in 9- through 11-year-olds. Programs include speakers, films and discussion groups for first offenders and others identified as being at risk. For information call 945-4107.

Clarksville Kiwanis Club. Denny's Restaurant, 943 E. IND 131, Clarksville, 6:15 p.m.

Our Place Drug and Alcohol Education Service, Inc., 6:30 p.m. Thursday at Mount St. Francis Retreat Center, Floyds Knobs. The organization is for youths and adults. For more information, call 923-5232.

Civil Air Patrol, Falcon Composite Squadron. Clarksville Optimist Clubhouse, 111 S. Clark Blvd., 7 p.m. Open to adults and teen-agers.

Rauch Industries Parent Support Group. Melhiser, Endres & Tucker Building 301 E. Elm St., New Albany. 7:30 p.m.

Alcoholics Anonymous. Charlestown Group, 214 McCampbell St., Charlestown, 8 p.m.

Indiana Digest contains news and announcements from Southern Indiana. Send items to Indiana Digest, The Courier-Journal, 525 W. Broadway, Louisville, Ky. 40202, or call 582-4234.

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, Nov. 29, 1987

3C

New Nutrition Center Opens For Senior Citizens

The Senior Citizens Nutrition Center, which the Council for the Aging and Aged opened Sept. 28 at Georgetown Christian Church, is going full speed ahead.

Dottie Gibson, manager of the site, reports the center is serving an average of 25 lunches per day at the church. Fifteen homebound persons are also having lunches delivered to their homes in the Georgetown area.

The center is open from 9 a.m. to 2 p.m. Meals are served from noon until 1 p.m. and are available to those 60 years of age or older. The suggested donation is $1 per meal.

Reservations must be made the day before the meal is to be served by calling Dottie Gibson at 951-3533.

If you are the type who likes to lend a helping hand, there are citizens in the area who would like to go to the center, but have no transportation. If you would be willing to help with transportation, give Gibson a call.

A homebound route opened recently for the Greenville area.

Country Bazaar

Nutrition site to move to St. Paul's

Evening News 11/30/87

The South Central Indiana Council for the Aging & Aged, Inc., will relocate the current Silver Creek Civic Center Nutrition Site to the St. Paul's United Church of Christ, 8206 Highway 60, Sellersburg. The new location will open December 7, with the grand opening scheduled December 8, noon.

The nutrition site will be open Monday through Friday, 9:30 a.m.-1:30 p.m. and will provide noon lunches in a congregate setting for those seniors who are socially active and home delivered lunches to those who are confined and unable to prepare their own meals. Reservations for meals must be made 24

help provide transportation for persons wanting to attend the congregate sites.

For more information regarding the St. Paul's United Church of Christ Nutrition Site grand opening, volunteering, or any other nutrition site information please call 945-MEAL (6325). Meal reservations for December 8, must be made no later than 1 p.m., Dec. 7. Persons under the age of 60 will have to pay full cost for the meal which is $3. Those 60 or older to donate according to their ability.

hours in advance by calling 246-9280.

Some goals of the nutrition program are:

To enhance the quality of life for senior citizens by providing a nutritionally balanced meal in an effort to promote good health, recreation and education, and to help eliminate isolation and depression. Home delivered meals are provided to the frail, confined elderly in an effort to prevent institutionalization, to offer assistance to care givers of homebound elderly and to provide other services that would promote wellness, longevity and help maintain independence.

The nutrition program is looking for volunteers to deliver homebound meals, assist at congregate sites and

New program gives relief to care-givers who are shut in

Respite Care allows them to do things outside home

By JOHN C. PILLOW
Indiana Weekly Staff Writer

Martha Robinson, of Jeffersonville, has been taking care of her 87-year-old mother, Iva Miller, for the past 10 years. Miller has heart trouble and is unable to walk because of a fractured hip. Caring for her mother has kept Robinson in their home for weeks at a time.

Thanks to a program sponsored by the South Central Indiana Council for the Aging and Aged, Robinson now is able to leave home for a few hours each week to do things other people take for granted, such as shopping or having lunch out. "It is a big relief. I really needed it. You got to get away some time," Robinson said.

The program, Respite Care, supplies people to look after an ill or disabled person while the person's primary care-giver gets out for a few hours, according to Patricia Jewell, the council's executive director. Respite means an interval of rest or relief.

"The program was started because we realized there had to be some relief for these individuals who were unable to leave the house because they were caring for their relatives," Jewell said.

"We had a case where a husband had spent so much time in the house that he forgot how to drive his car at night. He didn't know how to dim his bright lights," said Vickie Medlock, the council's social-service director.

The program is funded by a combination of local, state and federal funds. Individuals who accept the service are asked to donate to the program if they are financially able.

Respite Care is available in Clark, Scott, Harrison and Floyd counties. Home health aides from the Visiting Nurse Association of Southeastern Indiana are responsible for providing Respite Care for Clark and Scott counties. Floyd and Harrison counties are served by Medi-Call of Memorial Hospital of Floyd County.

The program, which has been in effect since July 1, has served 27 clients. "We can provide service to a lot more people, but many people don't know about the program yet," Jewell said.

To be eligible for Respite Care, either the ill person or the primary care-giver has to be 65 or older. The service is available from 8 a.m. to 4 p.m. Monday through Friday. Aides can stay from one to eight hours.

Individuals who receive Respite Care must also be in a situation where there is no other relief available.

"If there is a case where another family member can come in and give the primary care-giver a break, then we don't provide service for that home," Medlock said. "There has been a need for respite in every case that we have seen, but unfortunately we have to limit it to those individuals who need the most help."

In cases where the elderly person is able to leave the house, the council might refer the family to an adult-day-care center. The two serving Southern Indiana are at the Providence Retirement Home, 701 E. Spring St. in Jeffersonville, and the Medco Center of Clarksville, 517 N. Hallmark Drive.

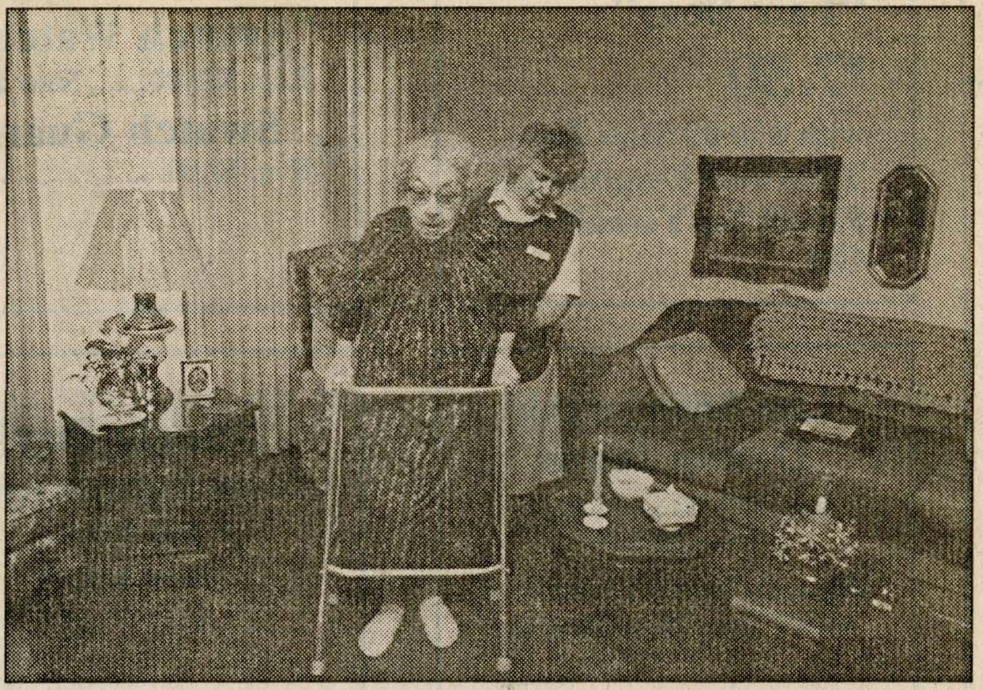
Photo by Mike Fisher

Respite Care worker Buretta Ripperdan recently helped Iva Miller while her daughter, Martha Robinson, had some time to do some things away from home.

At the day-care centers, relatives leave the patient and come back later in the day. "The day-care centers are very good, because it gives the senior citizens a chance to be with their peers, and it allows the family time to do other things also," Jewell said. "Our program is strictly for those individuals who are unable to use the day-care centers."

Recommendations for Respite Care have been coming from a variety of sources — "friends, ministers, hospitals, family members, anyone who has heard of our service and knows of someone who might be helped," Jewell said.

Some people have a tough time using the service. Barbara Earsham, VNA's Respite Care supervisor, said many people are afraid to leave their loved ones.

"It's sort of like having a child. Some mothers have no problems leaving their children with a babysitter, and others are very hesitant," she said. "A lot of people feel like it is their responsibility to take care of their husband or wife, and they don't want to leave the home at all. Caring for that sick relative has become their life."

Martha Robinson has no such apprehensions. "I leave mom with a clear mind. I know that she is in good hands," Robinson said.

In cases where the primary care-giver is reluctant to leave the house, the council urges him or her to stay close. "We tell them to do things around the house or sit and watch with the aide," Medlock said. "Most of the primary care-givers are women, but the men usually don't want to go out shopping anyway. They usually stay around and cut the grass or something."

Buretta Ripperdan, who cares for Miller, has been in the health-care field for 11 years. "I enjoy Respite Care because you get to spend more time with the patient," Ripperdan said. "When you work in a hospital you are always running from room to room, and you don't have an opportunity to get to know the patient very well."

Ripperdan also likes the variety. "I have seven clients, and I don't do the same thing with any of them. One gentleman, a stroke victim, likes to play checkers, and I wasn't very good when I started, but I'm pretty good now. Other times I cook breakfast or fix hair. It really is enjoyable work."

Proposed federal budget cuts may endanger some of the programs offered by the Council for the Aging and Aged, but the council is committed to Respite Care.

"The Indiana state legislature just passed a home health bill that should help us, and we will continue to solicit local funds for the program," Jewell said. "America has become increasingly aware of the elderly, and that has really helped our cause. Respite Care may have to be scaled down in years to come, but it will continue."

INDIANA WEEKLY (of Courier Journal)
11/25/87

Staff photo by Ron Dick

MAGDALENA SCHAFFER, a resident of Medco Center, Clarksville, was honored with a party in celebration of her 106th birthday. She is pictured above receiving a certificate from Patricia Jewell, executive director for the Council for Aging and Aged.

NOV. 87

Staff photo by Ron Dick

PATRICIA JEWELL, executive director for the Council for Aging, congratulates Mrs. Eisman, a resident at Medco Center, Clarksville, who recently celebrated her 100th birthday.

Staff photo by Ron Dick

BESSIE ADAMS, a resident at Clarksville Health Care Center, receives a certificate from Governor Robert Orr in celebration of her 100th birthday.

NOV. 87

Corydon Democrat 12/30/87

Agencies offer health tests for elderly

The Harrison County Health Dept., with the South Central Indiana Council for the Aging, has developed a blood pressure and urinalysis screening program for senior citizens.

Persons who are 60 and older may visit any of four screening sites, beginning Jan. 4, a press release said.

The January and February schedules are:

— Jan. 4, 10:30 a.m., St. Bernard's Catholic Church, Frenchtown.

— Jan. 11, 10:30 a.m., Harrison County Senior Citizens Center, 123 Mulberry St., Corydon.

— Jan. 18, 9 a.m., Corydon Christian Church.

— Jan. 25, 9 a.m., United Covenant Presbyterian Church, Elizabeth.

(January screenings will only include blood pressure tests.)

— Feb. 1, 10:30 a.m., St. Bernard's.

— Feb. 15, 9 a.m., Corydon Christian Church.

— Feb. 22, 9 a.m., United Covenant Presbyterian Church, Elizabeth.

The regular blood pressure screening, on the second Monday of each month, will continue at the senior citizens center in Corydon, at 10:30 a.m.

Once a month at each of the three sites, various nursing services will be offered, such as blood pressure screening, urinalysis, hemoglobin and glucose testing, and counseling in weight, nutrition and health education. A referral system will be utilized with follow-up procedures for those who have abnormal results, the press release said.

Tribune 12/30/87

Health Screening Program For Harrison County Elderly

The Harrison County Health Department, working in conjunction with the South Central Indiana Council for the Aging, has developed a screening program for Senior Citizens (age 60 and over) in Harrison County, beginning Jan. 4.

Three sites will be used as a nursing center: St. Bernard's Catholic Church in Frenchtown (which will be moved to the Epiphany Lutheran Church in February or March), the Presbyterian Church in Elizabeth, and the Corydon Christian Church.

The regular blood pressure screening, on the second Monday of each month, will continue at the Corydon Senior Citizens Center, 123 Mulberry St. at 10:30 a.m.

Once a month at each of the three sites, various nursing services will be offered such as blood pressure screening, urinalysis, hemoglobin, glucose testing and counseling in weight, nutrition, and health eduction. A referral system will be utilized with follow-up procedures for those who have abnormal results.

The aim of the program is to provide a community based service that will foster independent living for the senior citizens of Harrison County.

Listed below is the January and February schedule:

Jan. 4, 10:30 a.m. St. Bernard's Church, Frenchtown (Blood Pressure screening);

Jan. 11, 10:30 a.m. Corydon Sr. Citizens Center (Blood Pressure screening);

Jan. 18, 9 a.m. Corydon Christian Church (Blood Pressure screening);

Jan. 25, 9 a.m. United Covenant Presbyterian Church, Elizabeth (Blood Pressure screening);

Feb. 1, 10:30 a.m. St. Bernard's Church, Frenchtown (Blood Pressure Screening and Urinalysis);

Feb. 15, 9 a.m. Corydon Christian Church (Blood Pressure Screening and Urinalysis);

Feb. 22, 9 a.m. United Covenant Presbyterian Church (Blood Pressure Screening and Urinalysis);

For further information, please contact Linda Wiseman, R.N., Public Health nurse, 738-3237.

Page 2 THE BANNER-GAZETTE, Wednesday, December 30, 1987

Health screening dates announced

The South Central Indiana Council for the Aging has developed a screening program for Senior Citizens (age 60 and over) in Harrison County beginning Jan. 4.

Three sites will be used as nursing centers. They are St. Bernard's Catholic Church in Frenchtown, the Presbyterian Church in Elizabeth, and the Corydon Christian Church.

The tests will include screenings for high blood pressure, urinalysis, hemoglobin, glucose testing and counseling in weight, nutrition, and health education. A referral system will be utilized with follow-up procedures for those who have abnormal results.

The regular blood pressure screenings will continue on the second Monday of each month at the Corydon Senior Citizens Center.

The aim of the program is to provide a community based service that will foster independent living for the senior citizens of Harrison County.

The dates and sites for the screenings are as follows: Jan. 4 at 10:30 a.m. at St. Bernard's Church in Frenchtown; Jan. 11 at 10:30 a.m. at Corydon Senior Citizens Center; Jan. 18 at 9:00 a.m. Corydon Christian Church; Jan. 25 at United Covenant Presbyterian Church, Elizabeth.

For the blood pressure and urinalysis screenings the dates are: Feb. 1 at 10:30 a.m. at St. Bernard's Church Frenchtown; Feb. 15 at 9:00 a.m. Corydon Christian Church; Feb. 22 at 9:00 a.m. at United Covenant Presbyterian Church in Elizabeth.

Anyone having questions should contact Linda Wiseman, Public Health Nurse at 738-3237.

Banner Gazette 12/2/87

Nutrition Site to move

As of Monday, Dec. 7, the South Central Indiana Council for the Aging and Aged, Inc., will be operating from its new location at St. Paul's United Church of Church, Sellersburg. A grand opening has been set for Tuesday, Dec. 8, noon.

The Nutrition Site will open Monday through Friday, 9:30 a.m. - 1:30 p.m. will provide noon lunches in a congregate setting for those seniors who are socially active and home delivered lunches to those who are confined and unable to prepare their own meals. Reservations for meals must be made 24 hours in advance by calling 246 - 9280.

Those wishing more information regarding the St. Paul's Church of Christ Nutrition Site Grand Opening, volunteering, or tion, are asked to call 945 - MEAL

Meal reservations for Dec. 8, must be made no later than 1 p.m., Dec. 7. Persons under the age of 60 will have to pay full cost for the meal, which is $3. Those 60 or older will be asked to donate according to their ability.

Corydon Democrat

North nutrition site to open at Epiphany

A new nutrition site serving senior citizens of north Harrison County will open Jan. 25.

Meals will be served a Epiphany Lutheran Church, on S.R. 135 north in New Salisbury from 10 a.m. to 1 p.m. Monday through Friday.

The program, a cooperative effort of Epiphany and the South Central Indiana Council for the Aging and Aged, Inc., will provide, hot, nutritionally-balanced meals to older persons who come to the site, or home-delivered meals to people confined to their homes and/or unable to prepare their own meals.

The nutrition program is for any person sixty years of age or older and operates on a donation basis, with a suggested donation of $1. Donations are encouraged so more meals can be served. To those under 60, the cost of the meal is $3.

Reservations must be made 24 hours in advance by calling 347-3210. Reservations for the Monday opening need to be made by 1 p.m. Friday,

1/20/88

Banner Gazette 1/20/88

Council for Aging and Aged Opens Nutrition Site in Harrison County

The South Central Indiana Council for the Aging & Aged, Inc., in cooperation with Epiphany Lutheran Church, New Salisbury, announces the opening of a nutrition site to serve the older population in north Harrison County.

The nutrition site will open Monday, January 25, at Epiphany Lutheran Church, Highway 135 North, New Salisbury. Normal hours of operation are Monday through Friday from 10 a.m. - 1 p.m. The program provides a hot nutritionally - balanced meal to the older person who comes into the site, or home - delivered to one confined to his home and/or unable to prepare his meals.

The nutrition program is for any person 60 years of age or older and operates on a donation basis, with the suggestion donation being $1. Donations are encouraged so that more meals can be served. To those under 60, the cost of the meal is $3.

Reservations must be made 24 hours in advance, and for the Monday opening need to be made by 1 p.m., Friday, January 22, by calling 347-3210.

The nutrition program is a part of the Area 14 Agency on Aging which has been serving Clark, Floyd, Harrison, and Scott Counties for the past fifteen years. The Area 14 Agency on Aging is responsible for planning, organizing, developing, and implementing programs for the older person and their families who care for them.

The purpose of the nutrition program is to provide a nutritionally balanced meal in a social setting and to deliver meals to the confined elderly.

For further information, contact the Area 14 Agency at 948-8330.

Tribune 1/15/88

PSI To Help Needy Pay Heating Bills

For the sixth year in a row, Public Service Indiana will donate $100,000 to help needy people pay their bills this winter.

For the first time, PSI is also asking customers to join the company in extending a "Helping Hand."

Since it began in 1983, PSI's Helping Hand program has given nearly $388,000 in aid to elderly and disabled cutomers with limited incomes. Until now, the program has been paid for entirely by the company's shareholders.

"It appears that Project SAFE funds may be cut by several million dollars this year," said Donna Kovaleski, customer caring coordinator for PSI. "With less money available from the state, we're sure that even more people will truly need a helping hand."

The company has already increased this year's Helping Hand fund by obtaining a $2,000 grant from the Ralston-Purina company.

"We hope our customers and employees will show their concern by contributing, too," Kovaleski said. "Tax-deductible donations can be made at any of our offices or by mail. Checks payable to "Helping Hand Fund' can be sent to 1000 East Main Street, Plainfield, Inc., 46168."

All the money donated will be applied toward the winter electric bills of low-income customers. Helping Hand aid will be available beginning in February. Each eligible customer can receive up to $30 per month for three months in matching funds. Either the customer or a sponsoring agency must also pay a portion of the bill.

The American Association of Retired Persons (AARP) helps administer the Helping Hand program.

Tribune 1/21/88

Nutrition Site For Elderly Opens In Harrison County

The South Central Indiana Council for the Aging and Aged, Inc., in cooperation with Epiphany Lutheran Church, New Salisbury, announces the opening of a nutrition site to serve the older population in north Harrison County.

The nutrition site will open Monday, at Epiphany Lutheran Church, Highway 135 North, New Salisbury. Normal hours of operation are Monday through Friday, 10 a.m.-1 p.m. The program provides a hot nutritionally-balanced meal to the older person who comes into the site or home-delivered to one confined to his home and/or unable to prepare his meals.

The nutrition program is for any person sixty years of age or older and operates on a donation basis, the suggested donation being $1. Donations are encouraged so that more meals can be served. To those under 60, the cost of the meal is $3.

Reservations must be made 24 hours in advance and for the Monday opening need to be made by 1 p.m. Friday, by calling 347-3210.

The nutrition program is a part of the Area 14 Agency on Aging, serving Clark, Floyd, Harrison, and Scott counties for the past 15 years. The Area 14 Agency on Aging is responsible for the planning, organizing, developing, and implementing programs for the older person and their families who care for them. The purpose of the nutrition program is to provide a nutritionally balanced meal in a social setting and to deliver meals to the confined elderly.

For further infromation, contact the Area 14 Agency on Aging at 949-8330.

Tribune
1/7/88

Lanesville News Notes

Luanne Popp 952-3859

Health Screenings Set For Harrison County Seniors

The Harrison County Health Department, with the South Central Indiana Council for the Aging, has developed a blood pressure and urinalysis screening program for senior citizens.

Persons 60 and older may visit any of four screening sites. The schedules for January and February are:

Jan. 11- 10:30 a.m. at the Harrison County Senior Citizens Center, 123 Mulberry St., Corydon.

Jan. 18- 9 a.m. at Corydon Christian Church.

Jan. 25- 9 a.m. at United Covenant Presbyterian Church, Elizabeth.

Feb. 1- 10:30 a.m. at St. Bernard's Catholic Church, Frenchtown.

Feb. 15- 9 a.m. at Corydon Christian Church.

Feb. 22- 9 a.m. at United Covenant Presbyterian Church, Elizabeth.

The regular blood pressure screening on the second Monday of each month will continue at the Senior Citizens Center in Corydon at 10:30 a.m.

Ken Ellis Seniors To Attend Circus; Plan Valentine Party

Tribune 2/3/88

The Ken Ellis Senior Citizens Center, sponsored by the South Central Indiana Council for the Aged and Aging, has a busy February planned for seniors who are 60 and older. The center is located at 211 Martin Circle in Jeffersonville.

The group will be going to the annual Shrine Circus Friday at the Kentucky Fairgrounds. They will leave the center at 2:30 p.m. and return to the center at 6:30 p.m. All who go to the circus must have transportation home. Reservations are necessary as tickets are limited.

Seniors will making a Valentine craft fan and eating a nutrition dinner Feb. 9 in the dining room at Claysburg Towers in Jeffersonville. Bingo will be played at 1 p.m.

There will be a Valentine dinner and party Feb. 12 from noon to 2 p.m. The center will be closed Feb. 15 for Presidents' Day.

The monthly covered dish dinner will be Feb. 18. Tony Tabor from WXLN will present the program.

On Feb. 24 the seniors will tour Key Communications, a computer company in New Albany, and eat dinner at the South Side restaurant. The cost for the trip is $2.

Crafts for the month will be holiday crafts for Valentine's Day and Easter. For more information, call Sue Johnson at 283-7356.

Evening News 1/13/88

Respite Care Program provides a helping hand

Staff photo by Ron Dick

PAULINE STOCKDALE, at left, is assisted by her new Respite companion, Freida Lemaster. The Respite Care Program provides temporary help for primary caregivers of older persons in Clark, Scott, Floyd and Harrison counties.

By ANN ALL
Evening News Lifestyle Editor

How difficult is it to leave the house to buy groceries? For most of us, not difficult at all.

But it's a different story for those who provide care at home for an ill or disabled person. Caregivers may be confined to the house for long periods of time without a break.

The Respite Care Program, sponsored by the South Central Indiana Council for the Aging and Aged, helps primary caregivers by supplying professionally trained companions to help relieve the workload of a 24-hour caregiving situation.

Companions can provide assistance with personal care, light housekeeping, meal preparation and transportation. Companions normally help out from 8-20 hours a month, with the average about 16 hours.

Respite Care is available in Clark, Scott, Floyd and Harrison counties. Home health aides from the Visiting Nurse Association of Southeastern Indiana provide care in Clark and Scott counties, while Medi-Call of Memorial Hospital of Floyd County serves Floyd and Harrison counties.

Respite Care is funded through state and federal grants and local donations. Patricia Jewell, the council's executive director, said monies from the Ladies' Home in Jeffersonville gave the program a needed boost. "That money allowed us to have a truly successful program," she said.

The program is available to area residents 60 years of age or older who require supervision. The program may also be used if the primary caregiver is 60 or older. There is no charge for those who are eligible, but contributions are encouraged to extend the limited funds available.

Jewell estimated "somewhere in the neighborhood of 50 people" have taken advantage of the program since it began on July 1. "As far as we're concerned it's one of the most successful programs we've ever implemented in the area."

Barbara Ehrsam, respite supervisor for VNA, agreed. "We've heard nothing but praise from people who use the program."

Currently, 26 people utilize the program in Clark and Scott counties. 'I don't think most people out there realize the service is available. I think we've barely broken the surface," Ehrsam said.

People are referred to Respite Care by a variety of sources — hospitals, physicians, other social service organizations, as well as family and friends.

In some cases, the council has discovered people who are eligible for adult day care programs at either Providence Retirement Home in Jeffersonville or the Medco Center in Clarksville. In day care programs, adults who are still mobile but unable to stay at home alone are supervised during the day.

In the Respite Care Program, a case manager from the Council for the Aged and Aging will do a broad assessment of the needs of a prospective client. Then a representative from either VAN or Medi-Call will do a more specific assessment.

"Basically that means we set up a care plan," Ehrsam indicated. "A care plan isn't the end of it, though. A companion knows everything there is to know about a person — what time they take naps and have meals and what kind of medication they take."

Another important aspect of the program is socialization, Ehrsam added. "It's like a new friend all of a sudden for the person — a new face and new conversation."

For further information on the program, contact the Council for the Aged and Aging at 948-9423.

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Maurice Endwright Award to be Given to Older Hoosiers

The Maurice Endwright award has been created by the Indiana Federation of Older Hoosiers to honor an individual in each district: North, Central and South. Area 14 includes Floyd, Clark, Harrison and Scott Counties.

This prestigious award is to be given to an individual 65 years of age or over, who has made a single outstanding contribution to his/her community district and or state within the past five years.

The individual should be a dedicated volunteer who has unselfishly devoted his/her time and talents to a specific project or activity which has made a significant impact in the area of involvement.

His/her achievement is not limited to a service performed for the elderly. It may be in the realm of a contribution of time and talents to a school program, the handicapped, etc., or in the form of initiating and or developing a special activity or volunteer service which was needed but not heretofore offered.

The persom may be sponsored by a club, church, organization or individual. A letter from the sponsor shall accompany the nomination form giving reasons for the selection of the candidate.

The winner will represent his/-her district and will be honored as the outstanding person at the annual May banquet of the Indiana Federation of Older Hoosiers.

For further information and application froms, please contact; South Central Indiana Council for The Aging & Aged, Inc., 134 Main St., New Albany, In. 47150.

Applications are to be received on or before March 7, 1988.

Banner Gazette
2/10/88

Floyd County Receives Federal Funds

3/9/88
Tribune

Floyd County has been chosen to receive $25,423 in federal funds to supplement emergency food and shelter programs in the area by the National Federal Emergency Management Agency Board.

The selection was made by a national board made up of national volunteer organizations and chaired by FEMA.

A Regional Board will determine how the funds to Floyd County will be distributed among the interested emergency food and shelter programs in the area. Members of the Regional Board are: William Shrewsberry, Chairman; J. Patrick Byrne, Mark Turner, F. Wayne Brown, Norwood T. Miller, Jr., John A. Leuthart, Jr., Patricia Jewell, Barbara K. Williams, Bob McIntosh, Barbara A. Bridgwater, Andrew Williams, III, A.C. Johnson, Dr. Ron Franklin, Larry Dean, William Wolpert, Robert Mitchell, and Larry Byrd.,

Hoosier Valley Economic Opportunity Corporation (HVEOC), has been selected by the Indiana State FEMA Set-Aside Committee as the Local Recipient Organization (LRO) for the three-county region, and will administer the program. Local agencies wishing to apply to function as Service Providers to distribute funds must: be non-profit; have an accounting system and conduct an annual audit; practice nondiscrimination; have demonstrated the capability to deliver emergency food and/or shelter programs; and, if they are a private voluntary organization, they should have a voluntary board. Qualifying organizations are urged to apply.

Funds may be spent for Food, Mass Shelter, Other Shelter, and Energy (Utility) Assistance.

Interested agencies must attend a meeting at the Salvation Army office, 1333 Bono Road, New Albany, March 17, at 11 a.m.

For further information concerning application and information, contact John Nichols, 288-6451, or Vera Middleton, 948-6516, at Hoosier Valley E.O.C.

THE BANNER-GAZETTE, Wednesday, February 17, 1988 Page 3

Opening Celebration of North Harrison Nutrition Site

The South Central Indiana Council for the Aging announces the opening celebration of the North Harrison Nutrition Site.

The celebration will be held on Wednesday, Feb. 24, at the Epiphany Lutheran Church, Highway 135 North and Old Whiskey Run Road, New Salisbury. The celebration will begin at 12:00 noon.

The North Harrison Nutrition Site will serve persons 60 years of age and older in both a congregate setting at the church and with a home delivered route for those older individuals who are homebound.

The site is opened Monday through Friday from 10 a.m. until 2 p.m. The congregate setting offers not only a nutritionally balanced meal but also socialization and educational programs.

Various activities are planned, including participation in the Senior Games euchre tournament and a quilting group.

For reservations to the opening celebration and other days, please call 347-3210 by noon on the preceding day.

For persons 60 years of age and older and their spouses, the meal is by donation only. The suggested donation is $1. Donations are encouraged and enable the program to serve more meals.

For further information call 347-3210 or 945-6325.

Federal food, shelter funds awarded to Harrison County

Harrison County will receive $11,011 in federal funds to supplement emergency food and shelter programs.

The selection was made by a national board made up of national volunteer organizations and chaired by the National Federal Emergency Management Agency (FEMA) board, the Hoosier Valley Economic Opportunity Corp. (HVEOC) announced.

The funds may be spent for food, mass shelter, other shelter and utility assistance, the agency said.

A regional board will determine how the funds will be distributed among interested emergency food and shelter programs, HVEOC said.

Members of the regional board are William Shrewsberry, chairman; J. Patrick Byrne, Mark Turner, F. Wayne Brown, Norwood T. Miller Jr., John A. Leuthart Jr., Patricia Jewell, Barbara K. Williams, Bob McIntosh, Barbara A. Bridgwater, Andrew Williams III, A.C. Johnson, Dr. Ron Franklin, Larry Dean, William Wolpert, Robert Mitchell and Larry Byrd.

HVEOC has been selected by the Indiana State FEMA Set-Aside Committee to administer the program in Harrison County.

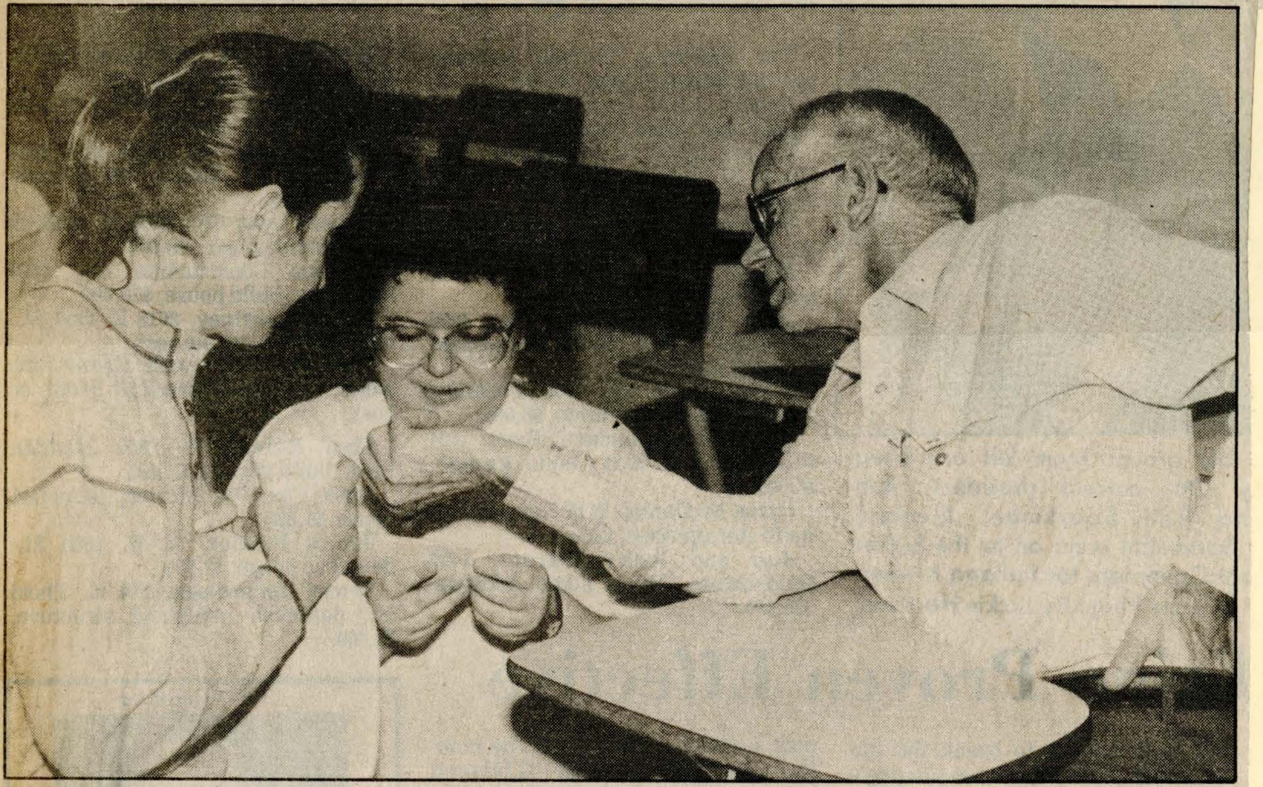
Agencies wishing to apply as service providers must be non-profit, have an accounting system and conduct an annual audit, practice non-discrimination, have demonstrated the capability to deliver emergency food and/or shelter programs, and, if they are a private voluntary organization, they should have a voluntary board, HVEOC said.

Qualifying organizations are urged to apply, the agency said. Interested agencies must attend a Hoosier Valley meeting in Corydon on March 16 at 10 a.m. For information, contact Geneva Sams, 738-8143.

3/9/88 Corydon Democrat

6 **Lifestyle**

The Tribune,
New Albany, Ind.,
Wednesday, March 23, 1988



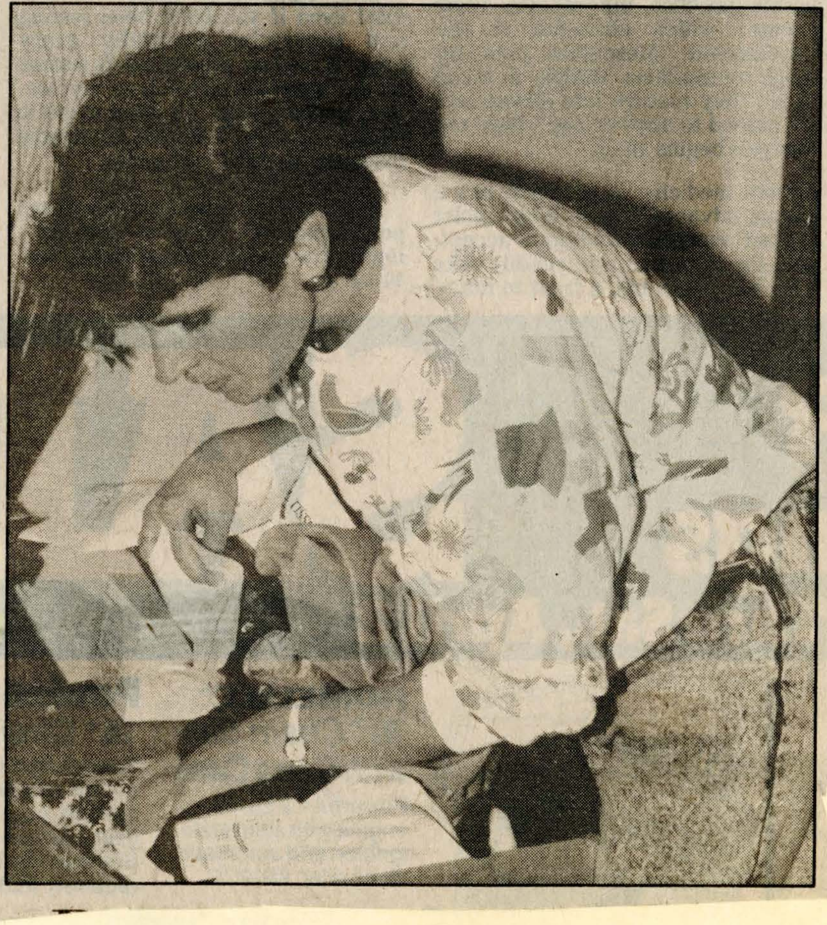
IUS Nursing Students Involved In Projects To Aid Senior Citizens

Nursing classes at Indiana University Southeast recently had a party for senior citizens and prepared care packages for needy seniors.

In the photo above, the gerontology nursing class at IUS hosted a party for senior citizens where the positive aspects of aging were discussed. From left are Lisa Duke, Joyce Roberts and Duke's grandfather, Bruce Jones, who shared pictures he took in Germany during World War II.

The junior spring nursing class, in cooperation with the Southern Indiana Council for the Aging and Aged, prepared care packages for needy senior citizens and sponsored a Dial-A-Meal program.

At right, Janet Hollis, president of the junior spring nursing class, packs one of the care packages.



(Submitted Photos)

Nutrition Awareness Day declared to help clear up dietary misconceptions

The ninth annual Nutrition Awareness Day will teach older Hoosiers how to spot misleading dietary information and fraudulent dietary products, says Jean Merritt, commissioner of the Indiana Dept. of Human Services.

The event also will underscore the fact that most older people can obtain the nutrients they need by eating a wide range of nutritious foods each day, Merritt said.

Nutrition Awareness Day, sponsored by the Indiana Dept. of Human Services' Division of Aging Services, will be celebrated March 24 at 450 meal sites for older adults across the state. This year's theme is "Know Right — Eat Right — Feel Right," a press release said. Corydon Democrat 3/16/8

Page 4 — THE CORYDON DEMOCRAT, Corydon, Ind., Wednesday, March 2, 1988

Expanded nutrition site meets the needs of senior citizens

By JACKIE CARPENTER
Assistant Editor

There was food for the soul as well as the body at last week's grand opening of the Epiphany Lutheran Church nutrition site in New Salisbury.

"We meet with the people we know and have a good time," said 67-year-old Pauline Henriott of Ramsey, who had just finished lunch along with 100 or so others Wednesday afternoon. She and her husband Clyde, 78, then joined another pair to test their skills at euchre, a favorite card game.

"I love to be with people," said Sarah Cooley, 80, Palmyra. "That's my main thing. When I'm home alone, I sorta get the blues."

Both she and a friend at the luncheon, Stella Simpson, have been widowed more than 20 years. Stella, 81, said, "I'm seeing people here today, to be honest, that I haven't seen for a long time. And the eats is good. It's always fun to eat somebody else's cooking."

"This particular group loves to play euchre," said site director Betty Foreman of Crandall. This spring, they'll get down to serious business with a euchre tournament, she said. And bridge, checkers, horseshoes and a one-mile walk. In June, they'll enter the Senior Games competition with playoffs at the local level and then, they hope, move up to the district competition, that includes Clark, Floyd and Scott counties.

Health screenings, including blood pressure checks, are also offered at the center, Foreman said.

The nutrition site, formerly at Frenchtown, relocated in New Salisbury in January to expand services and provide a larger delivery route, said Patricia Jewel, executive director of the South Central Indiana Council for the Aging and Aged Inc., New Albany.

The council operates 16 nutrition sites in the four-county area.

The council provides the meals while the community provides volunteer help and a site, said Jewel. "There's no way we can afford to rent these facilities," she said, adding that the rental value of the space is considered matching funds for grants. "It allows us to provide the service at a lower cost," she said.

Although there is no charge for any service provided by the council, senior citizens are encouraged to donate $1 per meal and persons under 60, $3.

Meals are served Monday through Friday at the site, which is open from 10 a.m. to 1 p.m.

About 10 volunteers work in the kitchen at the Epiphany church, said Foreman, but volunteer drivers are needed to deliver meals to homebound persons.

"We do know we have people who need and are eligible for the home delivered meals, but we need volunteers," said Foreman.

To make meal reservations or to volunteer, call 347-3210.

Photos by Randy West

Mary Wolfe of Palmyra is one of several serious euchre players at the Epiphany Lutheran Church senior citizen center. Below: Laurel Keehn, also Palmyra, won an azalea bouquet the first time she visited the center in New Salisbury.

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April 88

SENIOR CITIZENS SUPPLEMENT

SENIOR CITIZENS SUPPLEMENT

Mature Living

SUPPLEMENT TO THE TRIBUNE AND TRI-COUNTY EXTRA

Medicare/Medicaid: Which Does What?

Some seniors may be unclear what Medicare and Medicaid are, their functions and if they qualify. Medicare is a federal health insurance program for people 65 or older, people of any age with permanent kidney failure, and certain disabled people.

Medicare has two major parts, hospital insurance and medical insurance. Hospital insurance helps pay for inpatient hospital care and certain followup care. According to Herman Brown, field representative for the Social Security office, anything not especially needed for medical care such as a private room, phone or television, are not included. Medical insurance helps pay for doctor's services and many other medical services and items.

A person is eligible for Medicare hospital insurance at age 65 if they're entitled to monthly Social Security or railroad retirement benefits; have worked long enough to be insured under Social Security or the railroad retirement system, or have worked long enough in Federal, State, or local government employment to be insured for Medicare purposes.

Individuals who have been entitled to Social Security disability benefits for 24 months or have worked long enough in government employment and met the requirement of the Social Security disability program are eligible before age 65.

Some have to apply for hospital insurance protection before it can start, but others are eligible automatically. In order to have hospital insurance protection at age 65 an individual does not have to retire. However, if planning to keep working, should file an application for hospital insurance. About three months before reaching age 65 seniors should apply.

Medicare hospital insurance can help pay for inpatient hospital care, inpatient care in a skilled nursing facility, home health care, and hospice care. If inpatient care is needed hospital insurance helps pay for up to 90 days in any participating hospital in each benefit period.

This year hospital insurance pays for all covered services for the first 60 days, except for the first $540. For the 61st through 90th day, hospital insurance pays for all covered services except for $135 a day.

If more than 90 days is needed, a person can use some or all of their 60 non-renewable "reserve days." For each reserve day a person uses, hospital insurance pays for all covered services except for $270 a day.

Covered services include semi-private room, all meals, regular nursing services, operating and recovery room costs, hospital costs for anesthesia services, intensive supplies and appliances, rehabilitation services and preparatory services related to kidney transplant surgery.

Should a person need inpatient skilled nursing or rehabilitation services after a hospital stay and meet certain other conditions, hospital insurance helps pay for up to 100 days in a participating skilled nursing facility in each benefit period.

Medicare, however, will not cover such things as custodial or long term care; personal comfort items, dental care, eye glasses or hearing aids.

There is a federal and state program that also assist seniors with their medical expenses — Medicaid. Medicaid is for persons 65 and older or permanently and totally disabled or blind with income or resources low enough to meet requirements.

There are various catagories of those who qualify for Medicaid. According to the Indiana Department of Public Welfare, an individual is qualifyed for Medicaid if they are age 65 or over and financially eligible or blind because of either central visual acuity of 20/200 or less in the better eye with the use of a corrective lens or visual field restriction of 20 degrees or less and are financially eligible.

Those who are disabled because of a physical or mental impairment, disease, or loss which appears reasonably certain to continue throughout their lifetime without significant improvement are also qualified. That person must also show that disability substantially impairs their ability to perform labor or services or engage in a useful occupation and must be financially eligible.

Most all applicants for Medicaid are filed with the County Welfare Department. The Indiana Department of Welfare explains that someone who is responsible for or interested in such person can file the application in his/her behalf, or the caseworker at the County Welfare Department may be requested to call on the person and help complete the application.

Physicians, pharmacists or institutions such as hospitals and nursing homes are called "providers" under the Medicaid program and upon becoming eligible may go to any participating Medicaid provider and obtain care.

Within Medicaid is a spin-down provision which helps compensate for medical expenses. Spin-down applies to certain persons who are applicants for or recipients of Medicaid under Indiana Medical Assistance Program for the Aged, Blind, and Disabled. It is a provision by which persons whose income is more then the allowable income standard can qualify for a Medicaid card because their medical expenses are more than their surplus income.

Eligibility for Medicaid under Spin-down is evaluated month-by-month. Monthly surplus income is compared to medical costs for that month. Those who are already a Medicaid recipient will be notified by the County Department of Public Welfare if eligible. Proof of bills, receipts and written statements from medical care providers will be required.

There are many other options for Medicare and Medicaid users. For further information on Medicare contact Herman Brown at 948-5224 and the Welfare Department for further information on Medicaid.

THAT'S VERY GOOD — Deborah Harrison, right, tells Ethel Coomer what a marvelous job she did making her pillow. The ladies, residents of Providence Retirement Home, enjoy sewing and embroidering along with other residents. Many interesting activities are offered for the seniors to keep them active.

(Tribune Photo by Jackie Harrison)

Social Security Can't Do It All

For years many have believed Social Security would take care of them financially when they became senior adults and no longer worked. Now those people are finding out social security won't be able to foot the total bill — nor was it ever designed to do so.

With this in mind Herman Brown, field agent for the Social Security office, said a nationwide campaign was devised to help educate the public on Social Security since many people only know "half the story."

Social Security is taking aim at the widespread public misconceptions about the system. The campaign is designed to inform the public how the Social Security program works to provide protection to workers of all ages and their families now, and in the future. It is expected to help dispel myths such as: Social Security is just a retirement program, and Social Security is going broke.

The underlying message is "Social Security — It Never Stops Working." Three basic messages will be emphasized to tell the whole Social Security story: Social Security provides a package of protection that includes retirement, disability and survivors insurance benefits; Social Security is financially stable into the foreseeable future; and Social Security was never intended to be the sole source of retirement income, so all workers should plan for their own financial future by supplementing their anticipated Social Security benefits.

Locally, Brown said information on Social Security is being made available to seniors. Pamphlets are being placed at meal sights through the Council on Aging, the school system is being utilized, as well as radio and cable television. There are films at the New Albany-Floyd County Public Library and Brown often gives talks to seniors answering questions.

In order to qualify for retirement benefits, a person must have worked and paid into Social Security at least six to ten years depending on the year he/she reaches retirement age. Benefits can begin as early as age 62, but will be permanently lowered by about 20 percent than if the person waits until age 65 to retire.

The amount of benefits depends on how old an individual is when they apply and the lifetime earnings on which that individual paid Social Security taxes. Other earnings and other types of income are not used to figure Social Security benefits.

Despite the bright prospects for the future of Social Security, many people are still concerned about receiving their money's worth from the program. People express doubt that they will receive back as much in benefits as they paid in Social Security taxes.

The fact is that most people will receive more in retirement benefits than they pay in taxes. Some will not, but these people will have had a valuable package of disability and survivors insurance protection over their working lifetimes. Their Social Security taxes have provided life insurance protection in the form of monthly cash benefits for their eligible family members in the event they die before retirement. They also have had disability insurance protection.

In order to qualify for disability benefits, an applicant must have worked under Social Security to be insured. Family members who qualify for benefits on worker's record do not need credits of their own. In 1988 a person earns one credit of coverage for each $470 in

(See 'Social Security,' page 4)

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2:00 Parade of Characters
2:30 "A Salute to Walt Disney World"

Tuesday **April 10**....10:00-1:00 Heart Fund Carnival
2:30 Music by the Ramblers

Wednesday **April 11**...11:30 Lunch in Mexico
2:30 Mexican Magical Festival

Thursday **April 12**...10:30 Auction
1:30 Entertainment by Bob Rosenthal
2:30 Banana Split Party

Friday **April 13**...11:00-1:00 Staff and Resident Picnic

Saturday **April 14**.... 3:00 Becky Seiler Dancers

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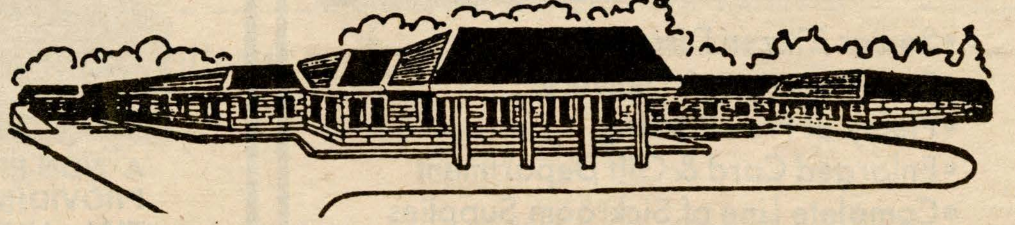

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Nursing Homes Play A Vital Role In Society

What would our society do if there were no nursing homes?

"Oh my Lord," responds Beatrice Siee to this question, "I don't know what we'd do."

Siee, Wedgewood Manor Healthcare Center administrator, said without nursing homes she imagines establishments like the "poor houses" in years past would emerge. "There wouldn't be any alternative. The senior citizen would either end up neglected, abused or wind up in a tragic situation due to their own abuse," Siee said.

On several occasions she's heard about senior adults who've accidentally set their home on fire due to forgetting a pot on the stove. She says they are often confused and need the full time help of another adult or skilled nurse.

"Nursing homes are offering an alternative to living at home because in many homes the couple works and there is no one to take care of mom or dad. It can be very exhausting trying to take care of a senior adult and many can find themselves at the end of their rope," she stated.

But nursing homes are proving to take the burden off of family members and relieving a great deal of responsibility off the senior citizen. Many facilities are a tremendous improvement from those in the past and offer companionship, games and social activities for residents.

Nursing homes, however, haven't always been and still aren't viewed in a positive light by society. Tom McDaniel, Rolling Hills administrator, says that the "county poor house" image has been a difficult one to shake, but through the years progress has been made.

"Some older people probably still have that conception of being abused and neglected in the nursing home, but many facilities are combating that image. Staff members really care about the residents and make sure they feel like they're in a good, safe place. Residents want to feel like they're going someplace fun," he explained.

McDaniel attributes nursing home staff members as being one of the main reasons the facilities have been able to make progress. He has noticed seniors being a little more at ease about becoming a resident.

Peter Graves, Green Valley Convalescent Center administrator, said compared to 30 years ago when nursing homes were viewed as a children's "dumping ground" for their parents, requirements have been made strict in order for residents to enter the nursing home.

Graves said in order to be accepted into a nursing home the individual must be ill and have a physician's order. By entering the nursing home the person will be receiving trained care they probably couldn't receive at home.

At the age of 65 only about five percent of the senior adult population become nursing home residents and at the age of 85 only 35 percent become residents. "That means the majority of senior citizens are living outside the nursing home. After the year 2000 that figure is going to double with the population living longer," Graves commented.

Those who do have a family member in a nursing home often view the efforts made to have the facility resemble a comfortable home setting. Residents are often encouraged to bring favorite household items as decorations for their room in order to help them feel more comfortable.

This makes relocating more acceptable for the senior. Staff members often go out of their way to make the family members comfortable to help eliminate some of their guilt feelings of placing their loved one in a nursing home. However not all seniors feel unhappy about entering a healthcare facility.

There are those who willing enter — viewing it as an opportunity to become more sociable and make friends. "And then there are those who come in fighting tooth and nail with the family member for bringing them. Every nursing facility goes through the same dilemmas, but we have to respect their privacy and if they want to be alone we have to allow them that opportunity," Siee said.

Administrators have often heard prospective residents express their fears of the nursing home only to later find them happy, making new friends and getting involved.

Most administrators agree once residents participate in facility and community activities they have a better outlook on their lives. "Nursing homes aren't for the dying, they are for the living and we're trying to change the name "nursing home" to long term care facility so people won't only associate it with senior citizens. There are some young people who've been in accidents being cared for in nursing homes and the name change would be more appropriate," Siee said.

Whether called a nursing home or long term care facility, the establishments are making great strides in society and proving to be a comfortable second home for many.

SHOWING HER HAND — Rose Henckel, left, shows her winning loner hand of spades to Bob Dowd, as she beats him in a hand of Euchre. The two are residents at Providence Retirement Home and enjoy playing cards along with several other activities. (Tribune Photo by Jackie Harrison)

Social Security Can't Do It All

(Continued from page 2)

earnings, up to four credits with annual earnings of $1,840 or more. The number of credits needed varies depending on the individuals age when disabled.

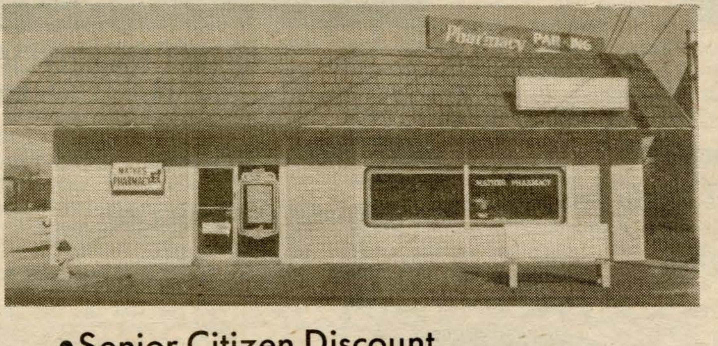
Disabled conditions include disease of the heart, lungs, or blood vessels which have resulted in serious loss of function as shown by appropriate medical evaluation.

Severe arthritis consisting of recurrent inflamation, pain, swelling, and deformity in major joints so that the ability to get about or use the hands is severely limited also qualifies for disability.

Mental illness resulting in marked constriction of activities and interests, deterioration in personal habits or work-related behavior, and seriously impaired ability to get along with other people also qualifies for disability benefits.

The Social Security program has efficient means to provide a base of economic security in todays society. Going beyond the narrow personal view of Social Security, it can be fairly stated that all workers — today and in the future — receive their money's worth as part of society.

Everyone can be assured that Social Security taxes are being used wisely. Of each Social Security dollar paid out every year, only about one percent (one cent) is used for administrative expenses.



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Opinion Poll: *As a senior citizen, what is your greatest concern?*

Edna Biddle, Clarksville — "Keeping my health to the very end is my concern. I have no need for medication or hospitalization, but I have no way of knowing when that will change. Some of us are just made of better material than others. I also keep a positive outlook."

Addie Rader, Clarksville — "My main concern is to stay well. I walk three miles and exercise regularly. I also believe in preventive medicine and not waiting until you get sick to take better care of yourself. I've truly been blessed with good health."

Ruth Taylor, Clarksville — "My greatest concern is running out of money. With inflation getting so high it could drive you up a wall. I've just learned to change the things I can and accept the things I can't change. That's the rule I live by."

Clarice Brandt, New Albany — "Not being able to go home is my greatest concern. I think most every senior citizen that isn't able to live at home has a desire to. I'd love to live alone, but I have nowhere to go."

Ada Megee, New Albany — "I'd like to be able to live by myself and work in my garden and do some things to improve my home. I can take care of myself and I won't be satisfied until I can have what I want."

Emelia Boley, New Albany — "I'm concerned about not being able to go to church like I used to. I was very active in the church. Now I'm not as helpful. When you get older you also don't get to see your friends as often."

How Do Older Americans View Their Health?

Dear Mrs. Merritt: How do you rate the health status of older adults?

Answer: Contrary to popular opinion, older people, on the average, view their health positively.

According to results of the 1986 Health Interview Survey conducted by the National Center for Health Statistics, 70 percent of elderly persons living in the community describe their health as excellent, very good, or good compared with others their age; only 30 percent reported that their health is fair or poor.

Although the survey excluded the institutionalized 65-plus population and, therefore, oversampled the healthy elderly, the results are a good indicator of the overall health status of the elderly in the community.

The leading chronic conditions for the elderly in 1986 were arthritis, hypertensive disease, hearing impairments, and heart conditions. Most visits to the hospital by older persons are for chronic conditions. Heart disease and other circulatory problems, diseases of the digestive and respiratory systems, and cancer are the leading causes of hospitalization among the elderly.

Heart disease leads all other conditions in each of four major indicators of mortality or health care use by the elderly. It accounted for 10 percent of all doctor visits, 18 percent of all short-stay hospital and bed disability days, and 45 percent of all deaths in 1980. Heart disease, cancer, and stroke together account for over three-quarters of all deaths among the elderly.

Dear Mrs. Merritt: Why have families by and large abandoned their older members?

Answer: The American family hasn't abandoned their older members, contrary to popular myth. The family is still the No. 1 caretaker of older Americans. Most older people live close to their children and see them often. Some 80 percent of the elderly have weekly or daily contacts with family members. A study by the U.S. Census Bureau found that less than five percent of people over the age of 65 live in institutions.

Dear Mrs. Merritt: I have learned a lot about the fact that America is growing older. Can you give me some facts about this, and compare the U.S. to other countries?

Answer: The older population in America has increased far more rapidly than the rest of the population for most of this century. In the last two decades alone, the number of people age 65 or older grew by 56 percent while the population under the age of 65 increased by only 19 percent. Between 1985 and 2050, the total U.S. population is projected to increase by a third, while the number of people age 55 or older is expected to double. By 2030, one in three persons is expected to be 55 years or older, and one in five will be 65 years of age or older.

In 1986, there were 657,000 persons 65 years of age or older living in Indiana. That ranked Indiana 13th among states in terms of numbers of persons 65 years of age or older. The 65-plus population represented 11.9 percent of Indiana's entire population.

The United States has the third-largest elderly population and the largest "old-old" population in the world. In 1985, there were 23 countries with more than two million people 65 years of age or older; 11 countries had more than five million. The U.S. population of 28.6 million persons aged 65 and older that year ranked it third in the world after China and India. The 1985 U.S. population of 6.2 million persons aged 80 and older was the largest in the world, with 500,000 more people than China had in this same age group.

Dear Mrs. Merritt: I have seen some foods that are labeled as "low calorie", and other foods that are labeled as "reduced calorie". Can you explain the difference?

Answer: According to the Food and Drug Administration guidelines, "low calorie" foods cannot contain more than 40 calories per serving, and foods labeled "reduced calorie" must be at least one-third lower in calorie content than a similar food in which calories are not advertised as reduced.

Remember, food advertising can be misleading. "Natural" foods may contain ingredients you do not consider to be natural. Similarly, "light" or "low calorie" products may contain more calories than you would expect from a diet product. Check advertising claims against the product's ingredients label and calorie content to make sure the product meets your needs.

On The Cover

On the cover are Elizabeth Higgins, left and Buddy Smith, residents of Providence Retirement Home. The center of their attention is Howie, a pet at the Home.

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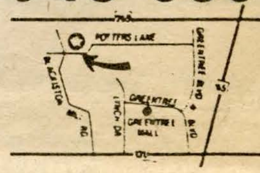

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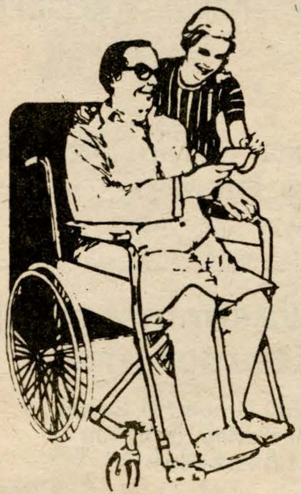

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Help Is Readily Available For Elderly, Families

Imagine this story:

Ruth's mother, Myrtle, has just returned home from the hospital. The family works and is worried about her not eating lunch. They can fix something cold and leave it for her, but she really needs a hot, nutritious meal.

"I need some way to get to the grocery store." Myrtle said. "My friend used to take me, but she has been ill and I don't drive."

Myrtle's husband passed away leaving her feeling alone and financially unstable.

"I only have Social Security and have such high medical bills that I have little left over for the utilities and food. The house needs repairs and I just can't afford it," Myrtle said.

Her arthritis is so bad that she can't do her house cleaning anymore. "I just need to be with other people. I love crafts and playing cards, but I have nowhere to go."

This situation is one many senior adults face. With an increase in the number of older individuals and the changing roles in families which can supply direct services to their older relatives, more individuals and their families are seeking community resources that are available to assist them. Assistance could come in the form of maintaining independent living or in taking care of a relative.

Under the Older Americans Act, agencies on aging have been established at the state and local levels to provide a comprehensive system of services for those who are sixty years of age or older, or for their families.

The local agency on aging is the South Central Indiana Council for the Aging and Aged, Inc. It was designated as the area agency in 1973 to serve older individuals in Clark, Floyd, Harrison, and Scott counties. According to Pat Jewell, executive director, the programs which the local agency provides are in-home supportive, community-based and access services. They provide services to individuals in long-term care facilities, and services to families providing primary care for older individuals.

The in-home supportive services are reaching the low-income frail elderly who have multiple needs and are at risk of being admitted to a health care facility. The Social Services Block Grant Program provides for a number of these supportive services.

Case Management evaluates the needs of an older person and then links that person with the community resources which will work to alleviate that need. This might include signing the person up for other agency programs, assisting with applications for food stamps, interceding with other agencies, and escorting the person to services.

In 1987, Case Management served 917 older individuals. The homemaker-handyman programs aid those people who are unable to take care of their own homes and includes housekeeping, minor home repair, minor weatherization and carpet shampooing.

In 1987, the homemaker program helped 501 people cleaning homes every two weeks and the handyman program served 401 people.

Activity Visitor provides weekly contact with the very frail isolated elderly and runs errands for those who are homebound.

Another in-home supportive program is the home-delivery meals to those who are unable to leave their homes. In 1987, 731 people were served.

A new program in its experimental stages is Dial-A-Meal. This program offers a home delivered meal to any one who is homebound for a fee of $3 a meal.

Another segment of the agency's programs is services based in the community. Activity Centers offer daytime cultural, educational, recreational, and social activities at six centers in New Albany, Jeffersonville, Corydon, Scottsburg, and Austin.

The nutrition program not only provides a social setting for conversation and programs, but also a balanced hot meal to an average of 450 people a day at sixteen congregate sites.

The Health Services Program offers screening for high blood pressure on a monthly basis and other preventive health screenings, as well as educational programs and seminars.

This year Senior Games will be implemented June 6-11 offering a recreational fun time for seniors to compete in various activities. The agency also funds Fox and Cotner Attorneys at Law to provide legal services for older people.

Access services include transportation furnished by the Council for Older Americans. Trips are made to nutrition sites, centers, doctors' offices, banks, and grocery stores.

In 1987, more than 37,000 one-way trips were made in the four counties, serving a total of 737 people.

Information and Referral offers a quick reference to community resources suited to meet the needs of senior citizens, coordinates the Silver Pages Discount Program, publishes several community directories, and issues a newsletter quarterly.

The agency provides linkage to the Adult Protective Services for the complaints of abuse, neglect, and exploitation. Services to individuals in long-term care facilities include the Health Facility Pre-Admission Screening Program, a process designed to determine what type of social and medical services are needed to maintain an individual's health and well-being and to ascertain if such services are available in the community and affordable.

Linkage is also provided to the Nursing Home Ombudsman Program which assists a nursing home resident or any person concerned about such a resident with his/her problem or concern. The Ombudsman works to resolve complaints relating to the quality of care in a facility, resident's rights, and financial accounting.

Finally, the agency provides two services for families involved in the care of an elderly person. Adult Day Care at Providence Retirement Home offers care for an elderly person, providing social activities and lunch. The agency funds adult day care for low-incomed individuals. Respite Care gives temporary relief for a primary care-giver so that they might have the time to run errands, do shopping, or engage in some leisure-type activity.

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Sarah Kinzig and Kenneth Neimann, both residents at Green Valley Convalescent Center, took advantage of last week's ideal weather by playing checkers on the patio outside one of the residence halls.

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Banner Gazette 3/23/88

Nutrition Awareness Day Warns of Diet Fads

The ninth annual Nutrition Awareness Day will teach older Hoosiers how to spot misleading dietary information and fraudulent dietary products, says Jean Merritt, Commissioner of the Indiana Department of Hu-man Services.

The event also will underscore the fact that most older people can obtain the nutrients they need by eating a wide range of nutritious food each day, Mrs. Merritt said.

Nutrition Awareness Day, sponsored by the Indiana Department of Human Services' Division of Aging Services, will be celebrated March 24, at 450 meal sites for older adults acroos the state. This year's theme is "Know Right-Eat Right-Feel Right."

According to the U.S. Food and Drug Adminstration, unsub-stantiated food fads and diets or unjustified food supplements is one of the three main categories of health fraud. The other two catergories are false claims about drugs and cosmetics and ineffective medical devices.

Nutrition Awareness Day participants will be provided with information that will assist them in recognizing the modern day snake-oil salesman's pitch, particulary as it relates to dietary products, Mrs. Merritt said.

The purpose of Nutrition Awareness Day is two-fold, Mrs. Merritt said. "One purpose is to familiarize people with the Division of Aging Services' Nutrition Program and the postive effect it has on older Hoosiers who participate in the program. The second is to provide participants with information that will help them eat nutritiously, thereby enabling them to lead a healthy, full, and active life.

The Nutrition Program, coordinated through 16 area agencies on aging and their nutrition projects, provides more than 20,000 meals a day, five days a week, to persons who attend the meal sites and to individuals who are homebound. Anyone who is 60 years of age or older, or his or her spouse, may participate in the program. There is no charge for meals served through the Nutrition Program, but contributions are accepted and used to provide more services.

The Area 14 Agency on Aging serves Clark, Floyd, Harrison and Scott Counties and has nutrition sites at: Borden Museum (967-4139), Charlestown Community Center (256-3941), Clark Arms Apt. (283-8800), Claysburg II Towers (283-8976), Fairington Apts. (283-9968), Henryville Presbyterian Church (294-1080), St. Paul's United Church of Christ (246-9280), Yellowood Terrace (282-1435), Mark Elrod Towers (945-8861), Parkview Towers (945-9438), Riverview Towers (945-8026), Georgetown Christian Church (951-3533), Harrison County Senior Center (738-3065), North Harrison (347-3210), Austin Senior Center (794-4212) and Scottsburg Senior House (752-4134).

For further information on the nutrition program in Area 14, or Nutrition Awareness Day, contact the nearest nutrition site or the main office at 945-6325.

Ken Ellis Senior Citizens Center Planning Three Trips

4/6/88

The Ken Ellis Senior Citizens Center in Jeffersonville is sponsoring trips this summer and fall to Metamora, St. Louis, Mo., and Gatlinburg, Tenn.

The Metamora trip will be June 4, leaving the center at 211 Martin Drive at 8 a.m. and returning at 6 p.m. The cost is $10 and payment must be made by May 15.

The St. Louis trip will be Aug. 3-5 and will include stops at the Gateway Arch, the Golden Rod Showboat, Busch Brewery, Grant's Farm, the Missouri Botanical Gardens, Union Station and Bardenheir Winery.

The Gatlinburg trip will be Oct. 3-5 and will include stops in Pigeon Forge and Brookside, Tenn., and an optional trip to Dollywood.

For more information about any of the trips, call Sue Johnson at 283-7356.

The monthly dinner will be April 21 with programs at 10:30 a.m. by Nancy Doboze of Public Service Indiana and at 11 a.m. by Pam Robbins, Clark County Extension home economist. There will be a white elephant auction and those attending are asked to bring an item.

The seniors will be going to Bashford Manor Mall in Louisville April 25 from 10 a.m. to 2 p.m. The cost is $2.

April activities will include crafts, exercise classes, literacy school, spiritual awareness and bingo.

The center, which is sponsored by the South Central Indiana Council for the Aging and Aged, is for anyone 60 and older.

E. News 4/27/88

Spring activities at the Ken Ellis Center

Ken Ellis Senior Citizens Center, sponsored by The South Central Indiana Council for the Aged and Aging, has a busy May planned to celebrate Older Hoosiers Month for seniors 60 or older. The center is located at 211 Martin Circle in Jeffersonville, and anyone 60 and older can attend. If you need transporation call 948-9701.

Trips for the month are Monday, May 2 to Churchill Downs to view the beautiful flowers and enjoy the races. Cost for the trip is $2 for transportation. During the month we will also be attending the retired senior volunteer dinner and the legislative seminar with the AARP Friday, May 27. Legislative seminar is for all seniors and you can make your reservation by calling Sue Johnson at 283-7356.

Summer trips for the seniors are to Metamore Saturday, June 4. Metamore is a beautiful craft town on a canal in Indiana. August 3,4 and 5 we will be traveling to St. Louis, Missouri seeing the Arch, Anheuser Busch, Grants Farm, Union Station and Bardenheir Cellar. Also we will enjoy a buffet and dinner show on The Golden Rod Showboat. For more information call Sue Johnson.

October 3, 4 and 5 we will go to Gatlinburg, Tennessee and visit Pigeon Forge and Dollywood. There are a few vacancies left for these trips.

We will be celebrating Older Hooiser Month Thursday, May 5, with the proclamation and letting off of balloons by Pat Jewell at 10:30 a.m. Bring poetry with theme of aging and come share the day with us. Dinner will be served and bingo will take place. Friday, May 6, we are having our First Annual Derby Party and Buffet. We will start the day off with dirty bingo and pat our feet and dance to the Buz Huber Band. Seniors will take part in a stick horse race. Tuesday, May 10, we will have activities at Claysburg Towers and everyone is to bring a joke with them.

Free blood pressure will be taken on Monday, May 2 and Thursday, May 19. Choir practice is starting each Monday and I want to thank all who said they would help play the piano. In May we will have a Hawaiian monthly dinner and everyone is asked to bring a salad and we will have exercise by Joann Lewis and entertainment by Lorri Ulani Sears and her Polynesian dancers. Wear your bright colored clothes and we will have group participation.

Don't forget the senior games, which will take place Monday, June 6 and the closing ceremonies Saturday, June 11 at the Grand Convention Center. Hope to see all of you at the fun walk and bingo at Preservation Park in Jeffersonville Monday, June 6.

Staff photo by Ron Dick

THE SOUTH CENTRAL INDIANA COUNCIL FOR THE AGED AND AGING will sponsor a stick houre derby brunch and dance, May 6, 11 a.m. to 2 p.m. at the Ken Ellis Center. Making decorations for the event, pictured from left are Elizabeth Alexander, Thelma Durbin, Jesse Bennett, Sue Johnson, Alma Kruer, Ola V. Thornton and Elma Overton.

E. News 4/20/88

DERBY DISPLAY — Seniors at the Ken Ellis Senior Center are preparing arts and crafts for their Derby Brunch and Dance to be held May 6, from 11 a.m. to 2 p.m. The event will feature a Dirty Bingo game and stick horse race. Cost of the event is $1.50 and transportation can be obtained by calling 948-9701. The event is sponsored by the South Central Indiana Council for the Aging and Aged. For reservations call 283-7356. Seated from left are Ludie Gunn, Christine Alexander, Sue Johnson, Alberta Ziegler, Louise Morton and Freddie Stokes. In back are Eva Wood and Ida Richardson.

(Tribune Photo by Jackie Harrison)

4/21/88

4/27/88
Corydon Demo

Hoosiers over 55 readying for annual Senior Games

Seniors throughout Indiana are gearing up for the second annual Senior Games of Indiana.

The games for Harrison, Clark, Floyd and Scott counties will be held Monday, June 6 thorough Saturday, June 11, a news release said.

Competitive games will include one and two mile walks, a fun walk, fishing, bowling, golf, horseshoes and swimming. Card games, a fashion show and health fair are also planned.

Co-sponsored by Blue Cross and Blue Shield of Indiana, Indiana Bell, the American Eye Institute and the South Central Indiana Council for a the Aging and Aged Inc., the games have been expanded from last year's three days to six days of events.

For 1988, the games expect to attract over 1,000 participants and their families. Beginning with the opening ceremonies at Clark Arms Park in Jeffersonville and concluding with award ceremonies in the grand convention center in New Albany, 1988 senior games have already garnered the support of area business and civic leaders. Mayors Dale Orem and Robert Real and other community leaders are lending their time and efforts, the press release said.

To compete, pick up registration forms at Citizens Fidelity, Commerce America, Indiana First National, or, stop by the Council for Aging and Aged's office at 134 E. Main St. in New Albany, headquarters for the games.

Registration is open to men and women 55 years of age and older and the registration fee of $4 covers entry into an unlimited number of events, a T-shirt and lunch at both the opening and closing ceremonies.

To volunteer assistance, call Thelma Bertrand, coordinator, at 1-948-8330.

For each event a gold, silver and bronze medal will be awarded. The age categories are 55 to 64, 65 to 74 and 75 and up.

Page 6 THE BANNER-GAZETTE, Wednesday, April 27, 1988

Senior Games Begin Yet Another Year

Get ready to go for the "gold" at the second annual Senior Games of Indiana.

The games for our area (Clark, Floyd, Harrison and Scott Counties) will be held Monday, June 6 thru Saturday, June 11. Competitive 'games' will include one and two mile walks, a fun walk, fishing, bowling, golf, horseshoes and swimming. Back by popular demand are some of your favorite card games - Euchre, Bridge and Pinochle.

Special events, such as a fashion show and health fair, are also planned.

Co-sponsored by Blue Cross and Blue Shield of Indiana, Indiana Bell, the American Eye Institute and the South Central Indiana Council for the Aging and Aged, Inc., the games have been expanded from last year's three days to six days of events.

For 1988, the games expect to attract over 1,000 participants and their families. Beginning with the opening ceremonies at Clark Arms park in Jeffersonville and concluding with Award ceremonies in the Grand Convention Center in New Albany, 1988 Senior Games have already garnered the support of area business and civic leaders. Mayors Dale Orem and Robert Real, and other community leaders, are lending their time and efforts to acknowledge the vitality of Southern Indiana's senior citizens.

If you plan to compete, please pick up your senior games registration forms at Citizens Fidelity, CommerceAmerica, Indiana First National and other sites in the four-county area. Or, stop by the Council for Aging and Aged's office at 134 E. Main St. in New Albany, headquarters for the Games. Registration is open to men and women 55 years of age and older, and the registration fee of $4 covers entry into as many events as you'd care to enter, a bright red T-shirt, and your lunch at both the opening and closing ceremonies.

If you would like to volunteer your assistance to what promises to be a fun and worthwhile program, please call Thelma Bertrand, Coordinator for this area's Senior Games at (812) 948-8330. For each Senior Games event a Gold, Silver and Bronze medal will be awarded.

The age categories are 55-64, 65-74 and 75 up.

All the supporters, volunteers and participants who join in the fun are Big Winners!

OLDER AMERICANS BALLOONING — Members of the Ken Ellis Senior Citizen Center in Jeffersonville celebrated Older Americans Day with a balloon lift off from in front of the center. Members are shown as they open the bags of balloons as the winds quickly sailed them southward.

(Tribune Photo by Don Beck)

5/11/88

Courier Journal 5/26/88

Floyd groups help needy keep cool

The Southern Indiana Bureau

NEW ALBANY, Ind. — Floyd County is gearing up again to help people beat the heat.

For the fifth consecutive summer, the Allied Seasonal Assistance Program, run by a coalition of county agencies, is lending air conditioners and fans to those who cannot afford them.

"But, as usual, I'm sure the demand will far exceed the supply," said Mary Ann Carnighan of Family Services, which helps run the program along with the South Central Indiana Council for the Aging and Aged and the local chapter of the American Red Cross.

The coalition has about 45 air conditioners and 55 fans, which will be given only to households below the poverty level. But because the demand is so high, applicants must present a doctor's statement that they need the fan or air conditioner because of a health problem.

"Even then," Carnighan said, "we have to choose which ones are worse off because there are not enough to go around."

Several air conditioners are kept in reserve for the elderly, who are more susceptible to heat-related illnesses.

"We're in the preventive business," Carnighan said. "We want to prevent distress and maybe a tragedy."

People under 60 can begin applying June 1 at 117 E. Market St. in New Albany. Those over 60 should apply at 134 E. Main St. The air conditioners and fans will be distributed about a week later.

Applicants must sign a form accepting responsibility for returning the fan or air conditioner in the fall.

Carnighan said any donations of air conditioners, fans or money would be welcome. New fans cost about $65, while air conditioners run about $300.

Heat Relief Offered ASAP

By DALE SANDUSKY

During last summer's heatwaves, participants in New Albany's Allied Seasonal Assistance Program (ASAP) had to make some difficult choices, Mary Ann Carnighan remembers.

"We had to choose between doctors' statements over who needed an air conditioner the worst," she said.

She hopes she won't have to make the same type of decision this year.

Participants in the ASAP were on hand this morning to announce the kickoff of the fifth summer of lending fans and air conditioners. And again, as in past summers, the account allowing three Human Service agencies to lend the appliances to ill, aged and needy recipients is, in Carnighan's words, "hitting the bottom."

Starting June 1, persons needing the cooling devices may apply to the Red Cross or Family Service Bureau at 117 E. Market St. Persons, age 60 or older, should make their application with the South Central Council for the Aging and Aged, 134 E. Main St.

There are income guidlines that limit assistance to those households with a combined income at or below 125 percent of the poverty guidelines set by the Office of Management and Budget.

Applicants must also furnish ASAP with a current doctor's statement describing their need.

Carnighan said many of the units loaned out go to persons with the disability generally described by their physicians as "chronic bronchitis." Many other attending physicians refuse to release their patients from the hospital during midsummer unless they are assured they can be returned to a home that is not stiflingly hot.

Units are also badly needed in the case of many older persons — especially those whose fear over security causes them to close their houses tightly even on the hottest nights, Carnighan said. She recalled one specific case. "Last year, we felt as if we really rescued one family in the nick of time."

The program has received boosts from the public on several occasions during its first four years. Old air conditioners are often donated by persons who are converting their home to a centrally-cooled system, and a large number of older units were donated a few years ago when the Elsby Building was remodeled.

Most of these units are now defunct, however, despite a free overhaul of the appliances offered ASAP by a local air conditioning firm.

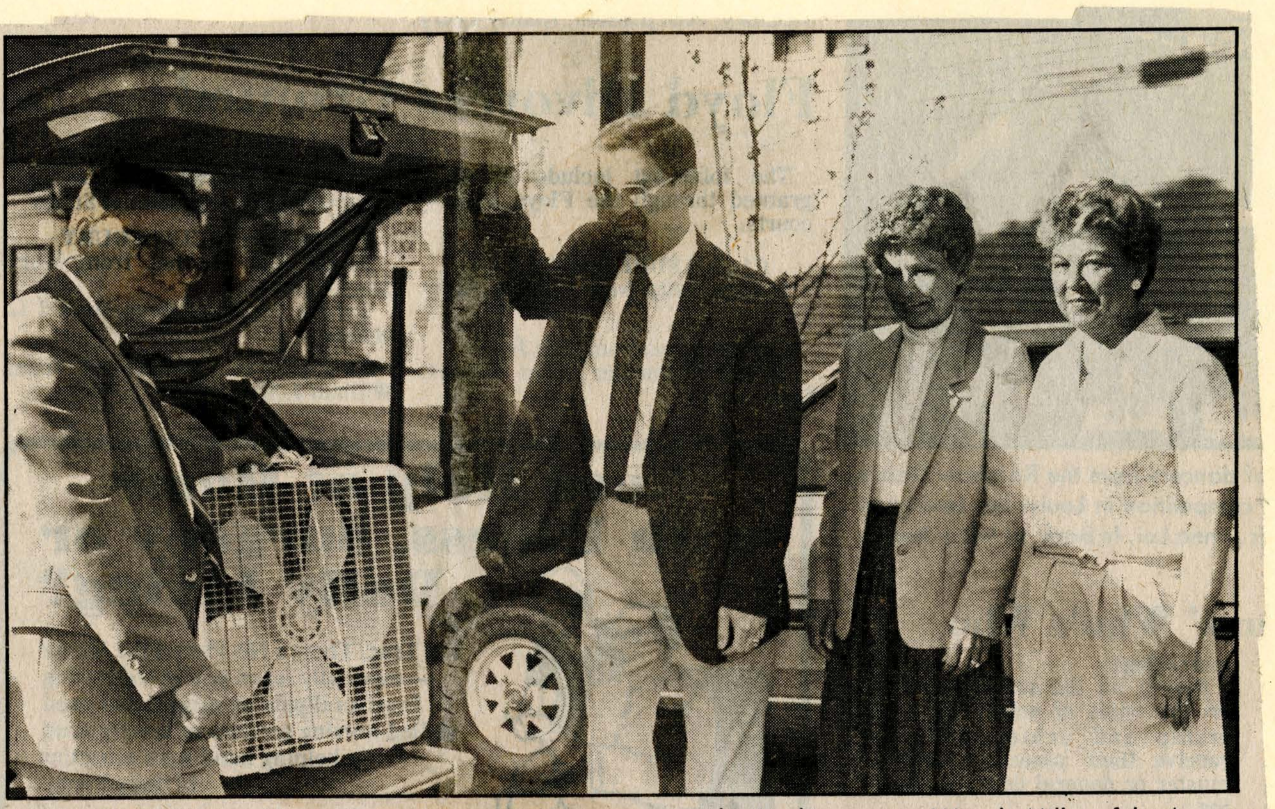
Two years ago, the Metro United Way gave ASAP $2,550 in one-time funding. The General Electric Company also offered some of their test units to the program in 1985.

Currently, ASAP has about $800 in its account and its annual insurance rates run about $270, according to Carnighan.

The program has 43 air conditioners to distribute, along with an equal number of fans. Although the community's need has not been adequately gauged, Carnighan said requests will certainly well exceed 100.

Donations are accepted both in appliances and cash to help purchase new units.

Checks may be made payable to The Allied Seasonal Assistance Program and sent to: Family Service, 117 E. Market St. Further information is available at 944-6120 or 948-8330.



HELPING HAND — New Albany Mayor Robert Real, left, under whose previous administration the Allied Seasonal Assistance Program was initiated, lent a hand this morning with one of the fans and air conditioners which the project furnishes to sick, elderly and needy persons during the summer months. Looking on are Woody Miller of the American Red Cross; Pat Jewell, executive director of the South Central Indiana Agency for the Aging and Aged, and Mary Ann Carnighan of the Family Service Bureau. (Tribune Photo)

Tribune 5/25/88

The Evening News, Jeffersonville, Ind., Saturday, May 21, 1988 A5

Mature Americans show scheduled at Green Tree

The public is invited to the First Annual Mature Americans Fair and Exposition from 10 a.m. to 9 p.m. Wednesday, May 25 at the Green Tree Mall in Clarksville. Sponsored by WXVW Radio and Green Tree Mall, the event is free and will focus on the interests of older Americans and their families and friends.

Many Greater Louisville and Southern Indiana businesses and services will present displays and exhibits. Represented will be:

Senior Citizens East, First Affiliated Securities, Home Management Services, The American Eye Institute, Embroiderers Guild, Heritage Homes of Corydon, Wilmes Window Manufacturing, Consumer Homecare Equipment Service, Farmers Insurance, Mary Kay Cosmetics, The Doctors Eye Institute, Shocky Tours and The Shield of Shelter Insurance representative Gregg Kleer.

Also, Clark County Memorial Iospital Continuing Care Unit, Vedgewood Manor, Westminster etirement Village, Cositti's Hearing Specialists, American Family Insurance of Jeffersonville, The Robert E. Lee Retirement Inn, T.M.C. Cellular Phone, The American Heart Association sponsored by Gateway Supermarket of Jeffersonville, The Colonial Frame Shop, New Albany Heating and Cooling, TCBY Yogurt, Union National Life Insurance, Parkside Adult Daycare, The Computer Works and Med-Aid Services. SCIC will have a booth.

Dr. Bradley Black will give free glaucoma screenings, Ehrler's Dairy will provide free samples and students from The House of James Beauty College will give free manicures, non-surgical face lifts and waxings. The Derby Dinner Playhouse Barnstormers will perform from noon-2 p.m., along with entertainment scheduled throughout the day.

A trip to Niagra Falls, furnished by U.S. Air with accomodations at the Howard Johnson Motor Lodge in downtown Niagra Falls, will be given away, along with other prizes.

Tribune 5/22/88

Senior Issues Examined At Local Legislative Seminar

The 1988 Legislative Seminar, to be held Friday at Trinity United Methodist Church, 2796 Charlestown Road, will feature Hubert Clodfelter, State AARP Legislative Chairman. Clodfelter was one of the leading advocates for the In-Home house bill. He will explain how the bill will enable older adults to be cared for at home, preventing or delaying being sent to a nursing home.

State Sen. Kathy Smith (D-New Albany) and State Representatives Richard Wathen (R-Jeffersonville) and Bill Cochran (D-New Albany) will answer questions pertaining to their positions on proposed bills to be considered in the 1989 legislative session.

Resolutions will be developed by the audience with the assistance of Cy Gunn, Legislative Liasion, Indiana Department of Human Services.

Throughout the Seminar, the audience will be urged to participate and speak out on issues of concern to them.

Registration starts at 9 a.m. with coffee and donuts. The meeting will start at 9:30 a.m. and adjourn at 12:30 p.m. followed by a nutritional meal. Participants, 60 years of age or older, are to pay by donation only. Suggested donation is $1. Those under the age of 60 are to pay $3, the full cost of the meal.

Deadline for making meal reservations is Wednesday. Call 948-8330 for reservations.

Evening News 5/25/88

The South Central Indiana Council for the Aging & Aged, Inc., is now accepting applications for the 1988 Senior Queen Award. This award recognizes a senior lady's accomplishments during her lifetime.

The award is open to any lady 65 years of age or older, residing in Clark, Floyd, Harrison or Scott County and having a record of service to her family, business, church and community. The nominees are judged on personality, civic contributions and an interview session.

The lady chosen to represent Area 14 will compete with 15 other area representatives at the Indiana State Fair for the title of Indiana Senior Queen. In addition, the Area 14 winner participates in several Harvest Homecoming events and serves as hostess at several agency functions.

For further information and an application, call 948-8330. The deadline for receiving applications is June 10. This award is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc.

Community profile: Pat Jewel

Had her heart stolen by small town atmosphere here

By MARGARET ABBY
Evening News Staff Writer

The small town atmosphere of Southern Indiana stole the heart of Louisville native Patricia Jewell.

She is now executive director of the New Albany-based South Central Indiana Council for the Aging and Aged.

She resided in the Southern Indiana community only a few years after she married her husband, James. They moved to Virgina and three years passed before they were offered an opportunity to move back home to Jeffersonville.

"It took us 30 seconds to make the decision to come back because we liked the community and missed our family. Even though both of us were raised in Louisville, we just loved Southern Indiana and its small town atmosphere. It's just an ideal situation," she said.

Jewell, 44, has been a resident of the Oak Park area in Jeffersonville for over 11 years.

"When I came back I thought, 'Pat, maybe you don't want to work any more.' But I tend to be a high-energy person and I have to feel I'm accomplishing something."

From bookkeeping experience she obtained while working for a CPA firm, she was able to latch onto a job with the South Central Council on Aging.

"I guess it was the wisest thing I ever did. I absolutely love this job. Working with older people is a pleasure. I feel I've grown in the 11 years I've been here," she said.

"My fiscal background has been a definite advantage because in the last few years, there has been a emphasis on accountability."

Jewell said she received encouragement on the job from Thelma Bertrand, who retired as the director after 10 years.

"She really got me involved in the programmatic part. I already understood the fiscal part. So I've really had the advantage of an education on the job."

The Council on Aging began with an $18,000 planning grant in 1984, Jewell said. It has since grown to about $1.5 million in funding from federal and state funds.

It also relies on community support.

The Council for the Aging provides a comprehensive network of services to persons 60 and older in Clark, Floyd, Harrison and Scott counties. It is also one of 16 agencies on aging in the state administered through the Indiana Department of Human Services.

One of the largest programs for which Jewell is responsible includes the Council on Older Americans. It furnishes transportation to the elderly for doctor visits or whatever the person needs.

Other information sources at the Council on Aging include the Fox Cotner attorneys for legal services to the elderly and the information referral telephone lines.

The purpose of these services, Jewell said, is to help older people maintain their independence as long as possible.

There are other programs which serve as an watchdog for the elderly. Those include the nursing home ombudsman program, and the health facility pre-admission screening program.

"Older people are reluctant to ask for help. It makes you feel good when you provide a service that is needed," she said.

Jewell just celebrated her 25th wedding anniversary. She has two daughters: Kelley, 24; and Lisa Rasdon, 21.

She treasures her relationship with her granddaughter Katie Rasdon, 4.

"I spend a lot of time with my granddaughter. I think the bonding relationship is important. I want to spend quality time with her. She's my hobby."

Jewell was the oldest of six children. She worked her way through high school and is 1961 graduate of Holy Rosary Academy in Louisville.

"It was difficult working every day after school, studying and maintaining a social life. I had been responsible for my tuition and books. I took college prep courses not knowing what I'd do after the graduated. I decided I wanted to get a job."

Her first job after high school started while she was in her senior year. She was an operator at AT&T and worked there over a year on a split shift.

"Even then, I really liked working with people," she said.

Some of her community affiliations include membership on the board of directors of the Victim's Assistance program of Floyd County and Community Advisory Board of the University of Louisville Urban Center on Aging.

Jewell also completed a two-year term as secretary of the Indiana Association of Area Agencies on Aging.

She is also on the advisory board at LifeSpring Mental Health Services; a member of the Indiana Federation of Older Hoosiers; and serves on the advisory board of the Regional Transportation Authority.

She is a member of the Community Programs Committee of Floyd Memorial Hospital and is a member of the Sacred Heart Church in Jeffersonville.

APRIL 88

Tribune 5/5/88

Seniors: Get Ready For Games

SHOWING OFF SHIRTS — These ladies show off their shirts for the Senior Games of Indiana to be held June 6-11. A schedule listing events and locations can be picked up at the Council for Aging and Aged, 134 E. Main St. in New Albany. From left are Pat Jewell, executive director, Audra Shuck, participant, and Thelma Bertrand, coordinator. (Tribune Photo by Jackie Harrison)

Get ready to go for the "gold" at the second annual Senior Games of Indiana.

The games, scheduled for June 6-11, will include Clark, Floyd, Harrison and Scott counties and will feature one and two mile walks, a fun walk, fishing, bowling, golf, horseshoes and swimming. Back by popular demand are some favorites such as card games — euchre, bridge and pinochle. Special events such as a fashion show and health fair are also planned.

Co-sponsored by Blue Cross and Blue Shield of Indiana, Indiana Bell, the American Eye Institute and the South Central Indiana Council for the Aging and Aged, Inc., the games have been expanded from last year's three days to six days of events.

This year the games are expected to attract over 1,000 participants and their families. They will open with ceremonies at Clark Arms Park in Jeffersonville and conclude with an awards ceremony in the Grand Convention Center.

The Senior Games have already garnered the support of area business and civic leaders. New Albany Mayor Robert Real and Jeffersonville mayor Dale Orem and other community leaders are lending their time and efforts to acknowledge the vitality of Southern Indiana's senior citizens.

Senior games registration forms and T-shirts can be picked up at the Council for Aging & Aged office at 134 E. Main St. Registration is open to men and women 55 years of age and older and the registration fee of $4 covers entry in all events, a bright red T-shirt and lunch at both the opening and closing ceremonies.

Anyone who wishes to volunteer their assistance can contact Thelma Bertrand, coordinator, at 948-8330. For each Senior Games event a gold, silver and bronze medal will be awarded. The age categories are: 55-64, 65-74 and 75 and over.

Staff photo by Ron Dick

OLDER AMERICANS DAY was celebrated at the Ken Ellis Senior Opportunity Center, Jeffersonville. The day of activities began with a proclamation reading and balloon derby.

5/12/88
E. News

Banner-Gazette 5/25/88

Older Hoosier of the Year Award Applications Accepted

The South Central Indiana Council for the Aging & Aged, Inc. is now accepting applications for the 1988 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier (male or female) for a lifetime of service to the community and to encourage continued service.

The person selected for the local award must be 65 years of age or older and reside in Clark, Floyd, Harrison or Scott County. The criteria that will be used to make the selection is accomplishments related to service to the community.

The local award winner will become an applicant in the 16th annual state Older Hoosier of the Year Award. This is the highest honor bestowed on a senior by the Indiana Department of Human Services. It will be presented by Governor Orr at the 1988 Governor's Conference on Aging in Evansville in October.

Past winners of the local award include Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe, John Brogan, Mildred Sanders, Austin Schellenberger and Mary Helen Walker.

For further information and an application, contact the Council on Aging at 948-8330. The deadline for applications is June 10, 1988.

The Evening News, Jeffersonville, Ind., Tuesday, May 24, 1988 5

Lifestyle

Applications now available for Older Hoosier of Year award

The South Central Indiana Council for the Aging & Aged, Inc., is now accepting applications for the 1988 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier (male or female) for a lifetime of service to the community and to encourage continued service.

The person selected for the local award must be 65 years of age or older and reside in Clark, Floyd, Harrison or Scott County. The criteria that will be used to make the selection is accomplishments related to service to the community.

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For further information and an application, contact the Council on Aging at 948-8330. The deadline for applications is June 10.

The South Central Indiana Council for the Aging & Aged, Inc., is now accepting applications for the 1988 Senior Queen Award. This award recognizes a senior lady's accomplishments during her lifetime.

The award is open to any lady 65 years of age or older, residing in Clark, Floyd, Harrison or Scott County and having a record of service to her family, business, church and community. The nominees are judged on personality, civic contributions and an interview session.

The lady chosen to represent Area 14 will compete with 15 other area representatives at the Indiana State Fair for the title of Indiana Senior Queen. In addition, the Area 14 winner participates in several Harvest Homecoming events and serves as hostess at several agency functions.

For further information and an application, call 948-8330. The deadline for receiving applications is June 10. This award is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc.

E. News 5/26/88

Have you wished you could give

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The Tribune,
New Albany, Ind.,
Tuesday, May 31, 1988

OPINION

THE TRIBUNE

Established In 1888

ASAP Fills Vital Need During Summer's Heat

Memorial Day weekend is as likely as not to be cool, gray and rainy in the Ohio River Valley. That wasn't the case this past weekend. Residents are getting a foretaste of mid-to-late summer temperatures in a season that seems to gotten an early start thanks to an abbreviated winter.

Many of us have been running our air conditioners since Saturday. And a good percentage of this group may have forgotten what it was like to sweat, gasp, toss and turn on hot bed linens throughout torrid, breezeless evening.

Many of our less fortunate residents — the needy, old, sick and handicapped — still experience these discomforts. Starting tomorrow, those with justified health reasons may sign up with three local agencies for the loan of air conditioners or fans for use throughout the summer.

The Allied Seasonal Assistance Program, an alliance of Family Service Bureau, American Red Cross and the South Central Council for the Aging and Aged, are for the fifth season making these appliances available for the local needy. Although there has been no surveys about the size of need in this area, there are indications that it may be more than would be expected. Program sponsors say they had well over a hundred requests last season for such assistance. The demand was great enough that administrators were placed in the unenviable position of having to decide which doctor's order bore the most weight or expressed the most need among vying applicants. They also found cases in which attending physicians refused to release patients from the hospital if they were to return to stifling homes where their respiratory conditions would be aggravated.

If our preview of summer is any indication of what lies ahead, the need will be just as evident during the current season. What compounds the problem is a deflated budget and aging equipment used in the ASAP project. Administrators say they have about 45 air conditioners and an equal number of fans to hand out this year. As in the past, they are eager to appeal to the public which might want to donate either second-hand appliances or make a cash donation towards the purchase of new ones.

It's a certainty that the program will continue to fulfill a community need and mission among the less-fortunate of our neighbors. Those of us who are able to relax throughout a torrid summer in a cool and comfortable residence should perhaps think about the sick, the old and the poor who find the approach of summer to be a period of anxiety about health.

The Tribune,
New Albany, Ind.,
Friday, May 20, 1988

7

Senior Games

There is still time to register for the Senior Games of Indiana to be held June 6-11. A schedule listing events and locations can be picked up at the Council for the Aging and Aged, 13 E. Main St. Registration is open to men and women 55 years of age and older and the $4 registration fee covers entry in all events, a red T-shirt, and lunch at both the opening and closing ceremonies.

Anyone wishing to volunteer to help should contact Thelma Bertrand, coordinator, at 948-8330.

The age categories are 55-64, 65-74 and 75 and over. The events will include one and two-mile walks, a fun walk, fishing, bowling, golf, horseshoes and swimming. There will also be euchre, bridge and pinochle. A health fair and fashion show are also being planned.

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8 THE INDIANA WEEKLY, WEDNESDAY, JUNE 1, 1988e

Let the games begin

Senior citizens are getting geared up for five days of athletic competition

By GEORGE MORRISON
Indiana Weekly Special Writer

Hundreds of older Southern Indiana residents are gearing up to go for the gold.

More than 300 people in Floyd, Clark, Harrison and Scott counties are preparing to compete in the second annual Senior Citizen Games, a five-day athletic competition for people 55 and older.

The games begin Tuesday; events are scheduled at a number of locations in the area.

Grace Naville, 77, of Floyds Knobs, competed in last year's games and has been recruiting other seniors from Floyd County for this year's fete.

Competitors in last year's games are eager for the second edition to commence, she said.

"They were asking me way, way back — before they knew what the dates were — if they were going to have it [the games]," she said.

The primary sponsor, Blue Cross and Blue Shield of Indiana, plans to make the games a yearly event, said Pat Jewell, executive director of the South Central Indiana Council for the Aging and Aged.

The service agency is one of 16 councils in Indiana; all of them are organizing games in their areas, sponsored by Blue Cross, Jewell said.

Locally, the games will begin on Tuesday with a walk from Warder Park in downtown Jeffersonville along a 2-mile course to Preservation Station near Chestnut and Spring streets.

Walkers can choose a 2-mile or a 1-mile course. They need not compete in the rest of the games, Jewell said. Athletes who plan to compete in the games may skip the walk, she added.

Here is the schedule of events:

■ Tuesday: Swimming competition at River Valley Middle School in Jeffersonville; euchre, bridge, pinochle and checkers matches at Indiana University Southeast in New Albany.

■ Next Wednesday: Fishing at Community Park in New Albany; bowling at Youngstown Lanes in Jeffersonville.

■ June 9: Horseshoes at Community Park; golf at the Fuzzy Zoeller Par 3 Golf Course in New Albany.

■ June 10: A free health fair, open to the public, at Trinity United Methodist Church in New Albany. The fair will have 18 booths.

■ June 11: Closing ceremonies at the Grand Convention Center in New Albany. The event will include lunch, live music, a style show and awards presentations.

For a $4 registration fee, athletes will receive a T-shirt and meals at the opening and closing ceremonies.

Jewell said residents of 17 nursing homes also will compete in a special division called the Nursing Home Games.

"That holds a really special place in my heart," she said. "Last year I presented the medals at the nursing home games, and these people are just as competitive as the people who are more mobile in the senior citizen games."

The Nursing Home Games will be staged in each home, with final events held June 8 at Providence Retirement Home in New Albany, Jewell said.

Naville, who particularly liked the bowling and swimming competition last year, said her favorite part of the games was the opening of the 2-mile walk.

"Pat Jewell fires that gun and says, 'Let the games begin,' and oh, that just does something to you. It just gets you fired up."

Although Naville has competed in sports for decades, she believes the greatest benefit for seniors is participating, rather than aiming for one of the gold, silver or bronze medals to be given away.

"It's good for them to get out with other people," she said. "That's the main thing — fellowship and not just being by themselves."

Wednesday, June 1, 1988, THE CORYDON DEMOCRAT, Corydon, Ind. — Page 7

Applications open for 1988 Senior Queen

Applications are now being accepted for the Area 14 1988 Senior Queen Award, an award that recognizes a senior woman's accomplishments during her lifetime.

Sponsored in part by the South Central Indiana Council for the Aging and Aged Inc., the contest is open to any woman 65 years of age or older, residing in Clark, Floyd, Harrison or Scott County and having a record of service to her family, business, church and community. The nominees are judged on personality, civic contributions and an interview session.

The person chosen to represent Area 14 will compete with 15 other area representatives at the Indiana State Fair for the title of Indiana Senior Queen. In addition, the Area 14 winner participates in several Harvest Homecoming events and serves as hostess at several agency functions.

For more information and an application, call 948-8330. The deadline for receiving applications is June 10.

Applications being taken now for Older Hoosier award

The South Central Indiana Council for the Aging and Aged Inc. is accepting applications for the 1988 Area 14 Older Hoosier of the Year award.

The purpose of the award is to recognize an outstanding male or female Hoosier for a lifetime of service to the community and to encourage continued service, said Earlene Bennett, coordinator of the contest.

The person selected for the award must be 65 or older and live in Harrison, Clark, Floyd or Scott counties. The criteria includes accomplishments related to community service.

The winner will become an applicant in the 16th annual Indiana Older Hoosier of the Year award. "This is the highest honor bestowed on a senior by the Indiana Dept. of Human Services," said Bennett. "It will be presented by Gov. Orr at the 1988 Governor's Conference on Aging in Evansville in October."

Past winners include Helen Lacy, Joe Rhoads, Flora Brown, Kathryn Eicholz, Ada Goldman, Ed Day, Frank Mardis, Ruth Bledsoe, John Brogan, Mildred Sanders, Austin Schellenberger and Mary Helen Walker.

For more information and an application, contact the Council on Aging at 1-948-8330. The deadline for applications is June 10.

Senior Queen Applications are Now being Accepted

6/1/88
Banner-Gazette

The South Central Indiana Council for the Aging & Aged Inc., is now accepting applicants for the 1988 Senior Queen Award. This award recognizes a senior lady's accomplishments during her lifetime.

The award is open to any lady 65 years of age or older, residing in Clark, Floyd, Harrison or Scott County, and having a record of service to her family, business, church and community. The nominees are judged on personality, civic contributions and an interview session.

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For further information and an application, call 948-8330. The deadline for receiving applications is June 10, 1988.

This award is sponsored in part by South Central Indiana Council for the Aging & Aged Inc.

The Sunday Ledger-Tribune, New Albany, Ind., Sunday, June 5, 1988 Page 5A

te Available At Branches

be made by the Veterans Affairs Department.

Purple Heart plates will be available for distribution on Jan. 1, 1989.

HEALTH FAIR

Free for people age 55 and older
(except a $2.00 per person cholesterol charge)
No pre-registration necessary
Trinity United Methodist Church
2796 Charlestown Road, New Albany, Indiana
June 10, 1988 **10:00 A.M. - 2:00 P.M.**

Blood Pressure Screening
Cataract & Glaucoma Testing
Foot Examination
Cholesterol ($2.00 fee)
Blood Sugar Testing
Hearing Tests
Body Fat
8 other booths

co-chairmen
South Central Indiana Council for the Aging & Aged, Inc.
American Association of Retired Persons

Co-sponsored by Blue Cross & Blue Shield of Indiana,
Indiana Bell and the American Eye Institute

The Tribune,
New Albany, Ind.,
Thursday, June 2, 1988

NOT ENOUGH CANDLES — For his 62nd birthday celebrated last week, New Mayor Robert Real expressed surprise upon receiving a birthday cake from Patricia Jewell, executive director for the Council on Aging. The cake, as well as a T-shirt and cap, were presented to Real at Trinity United Methodist Church at a forum for the American Association of Retired Persons. (Tribune Photo by Kathy Dougherty)

Senior Games begin Monday in Jeff

By MARGARET ABBY
Evening News Staff Writer

The second annual Senior Games of Indiana kicks off Monday with a parade in Jeffersonville.

Dr. Maurice John will lead the parade carrying an Olympic Torch down Spring Street from Warder Park at 9:30 a.m.

Featured in a covertible will be Wilma Albin, the Area 14 Senior Games Queen, and Mary Helen Walker, the Area 14 Older Hoosier of the Year.

Residents from 16 nursing homes in Clark, Floyd, Scott and Harrison Counties will relive the past when they appear in the parade riding in antique cars.

The parade route concludes at Clark Arms Park with a welcome from Jeffersonville Mayor Dale Orem and New Albany Mayor Robert Real.

Pat Jewell, executive director of the Council on Aging, will proclaim the official start of Senior Games competition and 1,000 ballons will be released.

Jewell said the upcoming event was organized to "create an awareness of good health in seniors and make them aware of the need to stay healthy."

She said, "We don't want to lose sight of those elderly who do not need our services."

The Senior Games are being sponsored by the South Central Indiana Council for the Aging and Aged, Inc., Blue Cross and Blue Shield of Indiana, the American Eye Institute and Indiana Bell.

Competition includes swimming, one- and two-mile walks, golf, bingo, bowling, card games, fishing, horseshoes and a track meet. Each day a different game is scheduled.

Gold, silver, and bronze medals will be awarded to the winners.

Participants and boosters are encouraged to join in the week-long activities. For a $4 registration fee the participant receives a Senior Games T-shirt, two free meal tickets and the opportunity to enter a wide variety of events.

The one- and two-mile walks will take place on Riverside Drive Monday. Those not participating in the event may enjoy free pizza and soft drinks furnished by Little Caesar and Pepsi at the Clark Arms Park. Bingo will be offered at the park from 12;30 to 2 p.m.

Following is a list of other upcoming events:

Tuesday, June 7

A free style, back stroke and side stroke swimming contest will be held at the River Valley Middle School pool. Registration will be at 8 a.m. with warm-up from 9 to 9:30 a.m. when the competition starts.

In the afternoon, euchre, bridge, pinochle and checkers will be played in the air-conditioned Hoosier Room at Indiana University Southeast, 4201 Grantline Road, New Albany.

Free refreshments will be provided in the afternoon.

Wednesday, June 8

Seniors, ages 55 and older, are encouraged to grab fishing poles and bait for the fish contest at Community Park on Grantline Road.

Fishing starts at 8 a.m.

Starting at 1:15 p.m., seniors will enjoy bowling at the Youngstown Lanes, 1451 Youngstown Shopping Center, Jeffersonville. Age categories for the competition are 55-64, 65-74 and 75 and older.

Other senior games for nursing home participants will be held at Providence Retirement Home.

Thursday, June 9

Horseshoes is the name of the game on the fourth day of the senior-style Olympics. The contest will be held from 9 to 11 a.m. at Community Park.

The Fuzzy Zoeller Par 3 Golf Course will host a senior golf game starting at 1 p.m.

Friday, June 10

A Health Fair is scheduled at Trinity United Methodist Church, 2796 Charlestown Road, New Albany, from 10 a.m. to 2 p.m. It is not necessary to register or pay a $4 fee, organizers said.

The Council on Aging urges seniors to take advantage of the free glaucoma and cataract testing, as well as hearing, blood pressure and blood sugar tests.

The South Central Council for the Aging and Aged, Inc., and the American Association of Retired Persons are co-sponsors of the Health Fair.

Saturday, June 11

Closing ceremonies for the games will be conducted at the Grand Convention Center in New Albany.

For more information contact the Council on Aging, 134 East Main Street, New Albany, or phone 948-8330. Organizers say it is not too late to join in most of the activities.

A TRUE AFTERNOON NEWSPAPER DEVOTED TO THE BEST INTERES

E. News 6/4/88

POLITICAL CONVERSING — During a recent forum for the American Association of Retired Persons (AARP) at Trinity United Methodist Church on Charlestown Road, New Albany, forum speakers involved with state government conversed with each other prior to the meeting. From left, are State Sen. Kathy Smith, D-New Albany, Hubert Clodfelter, State Legislative Chairman of AARP, State Sen. Frank O'Bannon, D.-Corydon, Cyrus Gunn, state liaison to Department of Human Services and State Rep. William Cochran, D.-New Albany. (Tribune Photo By Kathy Dougherty)

6/12/88

June activities at the Ken Ellis Center

The Ken Ellis seniors sponsored by the South Central Indiana Council for the Aged and Aging, has a busy June planned for seniors who are 60 and older. The center is located at 211 Martin Circle, Jeffersonville.

The group will be traveling to Metamore, Indiana Saturday, June 4 by American Coach. They will be leaving the center at 8 a.m. and returning at 6 p.m.

Senior games is for everyone at the center and we hope all seniors will enjoy all the events this year. Seniors will particiate June 6 to the closing June 11 at the Grand Convention Center.

The group will also go on a cruise with the Jeffersonville Parks Department, riding on the Bonnie Belle. The boat will leave at 11:15 a.m. and return at 12:30 p.m.

Tuesday, June 14, we will have crafts at Claysburg Towers honoring flag day. Meal reservation must be turned in by Monday, June 13. Bring a joke to tell.

Our monthly dinner will be Thursday, June 23. We are happy to have the Graceland Rainbow Puppeteers. Come and enjoy the children and hear our choir sing.

Tuesday, June 28, we will join the New Albany Parks Department for a picnic at the Community Park. A band will entertain and the picnic is from 10 a.m. to 2 p.m.

Seniors are going to St. Louis Missouri Aguust 3, 4 and 5. All money for the trip is due July 1 and no refunds for cancellations unless we have someone to take your place on the trip. Seniors will be going to the Arch, Anheuser-Busch, Grants Farm, Botantical Gardens, Union Station and Bardenheir Winery. They will also enjoy a buffet dinner on the Goldenrod Showboat. October 3, 4, and 5 they will travel to Gatlinburg, Tenn. If you are a senior 60 or older, come and visit our center.

E News 6/1/88

E. News 6/28/88

Staff photo by Ron Dick

SUE JOHNSON, left, coordinator at the Ken Ellis Senior Opportunity Center, Jeffersonville, crowns Louise Morton as queen of the center.

Tribune 6/3/88

Ken Ellis Seniors Take Trip, Will Play In Senior Games

The Ken Ellis seniors will be taking a bus trip to Metamora tomorrow. They will leave the senior citizens center at 211 Martin Circle, Jeffersonville, at 8 a.m. and return at 6 p.m.

Next week they will be participating in the Senior Games at the Grand Convention Center.

Tuesday the seniors will cruise the Ohio River on the Bonnie Belle from 11 a.m. to 12:30 p.m.

Flag Day will be noted June 14 and the monthly dinner will be June 23. Entertainment at the monthly dinner will be provided by the Graceland Rainbow Puppeteers.

A clean up day is scheduled June 24 at the center and a picnic is planned June 28 at Community Park.

Reservations are still being taken for bus trips Aug. 3-5 to St. Louis and Oct. 3-5 to Gatlinburg, Tenn.

Other June activities will include exercise classes, bingo, crafts, blood pressure checks, spiritual time, and singing. For more information about any of the events, call 283-7356.

Tribune 6/17/88

Agency Seeks Rural Comments

The South Central Indiana Council for the Aging & Aged, Inc., will be conducting public forums in the rural areas of the agency's four-county service delivery area in an effort to ascertain the needs of older residents.

The Council is aware of problem areas and unmet needs of rural individuals. These public forums will give us the opportunity to address these areas of service gaps and assist in targeting future services.

The forums will include a presentation of agency services now available, a short questionnaire, and a question and answer session.

The public is cordially invited to attend one or more of the forums of their choice on the dates and locations listed.

Monday--Harrison County Municipal Building, 10:30-11:30 a.m., 124 Mulberry St., Corydon.

Monday--Georgetown Elementary School, 1-2 p.m.

Tuesday--Borden High School, 10:30-11:30 a.m.

Friday, June 24--Austin Elementary School, 10:30-11:30 a.m. (EST).

Friday, June 24--Scottsburg High School, 1-2 p.m. (EST).

Senior Games begin Monday in Jeff

By MARGARET ABBY
Evening News Staff Writer

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For more information contact the Council on Aging, 134 East Main Street, New Albany, or phone 948-8330. Organizers say it is not too late to join in most of the activities.

A TRUE AFTERNOON NEWSPAPER DEVOTED TO THE BEST INTERES

6/4/88 E. News

Staff photo by Ron Dick

MAKING ITS WAY south on Spring Street in Jeffersonville was a parade marking the opening of this week's Senior Games. Residents from Clark and Floyd Counties are among those participating in activities which will be conducted throughout the week.

E. News 6/7/88

DOOR PRIZE EXCITEMENT — Frances Lee, left, of Jeffersonville laughed with excitement after her name was announced yesterday during the Senior Games Awards presentation at the Grand Theater as a winner of four free brunches at the Sheraton Lakeview Hotel in Clarksville. Lee showed her friend Jessie Bennett the prize envelope. Both were among the 375 participants of the Senior Games last week. About 80 medals were awarded. (Tribune Photo By Kathy Dougherty)

6/12/88

Staff photo by Ron Dick

A SPECTACULAR LIFTOFF of 1,000 balloons was staged yesterday as part of the opening ceremonies of the Senior Games. The games will last throughout the week, with events being conducted in both Clark and Floyd Counties.

E. News 6/7/88

Staff photo by Ron Dick

ENJOYING THE SENIOR GAMES festivities are Mayors Dale Orem, left, and Robert Real of Jeffersonville and New Albany, respectively. The mayors spoke at Preservation Station yesterday as part of the opening of the Senior Games.

E. News 6/7/88

Tribune 6/13/88

GETTING THE GOLD — Louise Morton, right, of New Albany, shows off her gold medal to Julia Rosenbarger, also of New Albany. She earned the medal in the horseshoe event in the Senior Games held last week. Over 80 gold, silver and bronze medals were awarded to winners of various sports and games, including fishing, walking, bingo, golf, and bridge. (Tribune Photo By Kathy Dougherty)

Health Fair being Held

The Health Fair being held in the Trinity United Methodist Church, 2796 Charlestown Road, New Albany, June 10, from 10 a.m. to 2 p.m., is open to everyone age 55 years or older. It is not necessary to register or pay a $4 entry fee.

The $4 fee is to cover games of Indiana meals and a T-shirt.

The Council on Aging urges Seniors to take advantage of the free glaucoma and cataract testing, hearing tests, blood pressure and blood sugar tests, and other important tests. There will also be information booths. Cholesterol test will cost $2.

The South Central Indiana Council for the Aging & Aged Inc., and the American Association of Retired Persons (AARP), are co-chairmen of the Health Fair.

The Senior Games of Indiana is sponsored by the South Central Indiana Council for the Aging & Aged Inc., Blue Cross & Blue Shield of Indiana, Indiana Bell and the American Eye Institute.

Call 948-8330 for further information or come to the office of the Council on Aging, 134 E. Main St., New Albany.

Banner-Gazette 6/8/88

Ken Ellis Seniors Planning Trip To Spring Mill Park

The Ken Ellis Senior Citizens Center in Jeffersonville has a busy July planned for persons 60 and older. The center is located at 211 Martin Circle.

The group will go to Spring Mill Park July 14 to view the restored pioneer village and have a pitch-in dinner. If there is time, they also will stop at the Virgil Grissom Memorial. The bus trip will cost $5 each. They will leave at 10 a.m. and return at 4 p.m.

The center's Senior Queen contestant is Louise Morton of New Albany. The Area 14 Senior Queen contest will be July 8.

On July 15 children from the Jeffersonville Parks Department's summer programs will visit the center to eat pizza and play games with the seniors.

The Ken Ellis Singers have been practicing each Monday and soon will be performing at area nursing homes.

Other activities offered next month will include exercise classes, crafts, spritual time and bingo. For more information about the center's programs, call Sue Johnson at 283-7356.

Tribune 7/1/88

E. News 7/1/88

Senior activities at the Ken Ellis Center

The Ken Ellis Senior Citizens Center sponsored by The South Central Indiana Council for the Aged and Aging has a busy July planned for their seniors who are 60 or older. The center is located at 211 Martin Circle.

The group will be going to Spring Mill State Park for recreation and viewing the restored pioneer village traveling through time to the early 1800's. They'll see pioneer log houses, shoemakers, loom products, a grist mill in operation and set down to a pitch-in dinner. If there is time they will stop at the memorial of Virgil I. Grissom on display is the space suit and you'll see pictures depicting important events in his life. They will leave the center at 10 a.m. and return at 4 p.m. Everyone must have their own transporation home from the center.

Senior queen from the Ken Ellis Center for 1988 will be Mrs. Louise Morton from New Albany. She is the wife of Gene Morton and is a wonderful volunteer for the center and much devoted. Senior queen contest will take place Friday, July 8, with Area 14. Friday, July 15, we will have the Jeffersonville Park Dept. children at our center playing games with them and having pizza. We would like for all to bring a salad and share the day.

Tuesday, August 2 we're asking everyone to bring a dish and we will see slides with the Jeffersonville Park Dept. on Florida. August 3, 4, and 5, we will be traveling to St. Louis, Missouri, seeing many sights and seeing a dinner show on the Golden-Rod Showboat.

Ken Ellis Singers are practicing very hard each Monday and will soon be going to nursing homes to sing to others. For more information call Sue Johnson.

'Project Cool' is a success

E. News

Stories of "comforting" success from every corner of the state have been received following the beginning of "Project Cool" by the Indiana Department of Human Services according to Jean Merritt, commissioner of the state agency.

"Project Cool," employing funds left over from the State Allowance for Energy (Project SAFE), provides fans for elderly and disabled Hoosiers who are suffering through the current heat wave.

Typical of the comments received by Mrs. Merritt are: "The fan's a God-send." "Now we can get some relief." "It really moves the air around and makes it ever so much more comfortable." "I have heart trouble and keeping cooler makes it easier for me to breathe."

Fans are available for the state's area agencies on aging and from community action agencies which serve all of Indiana's 92 counties. Those individuals who are either 60 years of age or older or who are disabled and who meet federal income guidelines are eligible to receive fans.

Income guidelines are: single person household, $8,250, and two person household, $11,100. For households with more than two people, $2,850 should be added for each additional person.

Those who are 60 years of age or older or those who are disabled who qualified for Project SAFE during fiscal year 1988 are automatically eligible for "Project Cool."

More than 200 fans were distributed during the program's first day of operation (Wednesday, June 22).

The total state-wide expenditure for "Project Cool" is $85,000 of federal funds. Some areas of the state report additional funding is being sought from interested individuals and companies.

More information is available. Call toll free, 1-800-622-4973. 7/2/88

Heat Wave Dictates Caution

Tribune 7/8/88

By KATHY DOUGHERTY

When temperatures hover near 100 degrees outside, all many people think of is seeking some type of relief — whether it be confining oneself indoors under the coolness of an air conditioner or diving into a pool of clear blue water.

The heat affects everyone, but some people have no alternative other than to confront it, either because of their jobs or the lack of an air conditioner.

The extended 90-day forcast calls for above-average temperatures and a 50 percent chance of a normal amount of rainfall, according to Joe Ammerman, meteorologist with the National Weather Service in Louisville.

Ammerman noted that, although June held an average temperature of 75.7 degrees, it was the third highest month with above 90-degree weather for a 19-day period.

Although the best advice from Cindy Andres, R.N. with the Floyd County Health Department, is to stay indoors under cool ventilation of fans or airconditioning, some people have no choice but to confront the scorching heat.

"Other ways to cool off are you can take cooling baths and showers," Andres suggested. "Maybe just put wet towels on the body." She added that everyone should avoid staying under direct sunlight and strenuous activities.

"You need to drink plenty of liquids," she said, citing fruit juices and water as the best for replenishing body fluids. Andres said alcoholic beverages and drinks with high-sodium content should be avoided.

Anyone exposed to the sun and heat for too long could develop either heat exhaustion or heat stroke. "Heat exhaustion occurs when you lose body water and salt," Andres said. Symptons include weakness, heavy sweating, and nausea. Andres suggested that the person immediately take off some of his or her clothing; take sips of liquid; elevate the feet; apply cool cloths to the skin and stay in bed.

Symptoms of heat stroke include faintness, dizziness, headaches, nausea, loss of consciousness, body temperature of 104 degrees or above, rapid pulse and flushed skin.

Andres said the person suffering should seek immediate medical attention. She also said it's necessary to lower the body temperature through sponge baths of cool water or rubbing alcohol.

Some people who must work out in the heat, such as construction workers, should wear light-weight, light-colored and loose-fitting clothing to help allow the body's sweat to evaporate, Andres said. She explained that it's best for men to wear this type of shirt, rather than working under sunlight without one, to avoid burns.

One group of people who cannot stay away from the scorching heat are firemen. Several structural fires earlier this week required personnel to venture into the infernos wearing 75 pounds of equipment.

Firemen who must go inside a blazing house, in which temperatures could reach up to 1,000 degrees, for 10 minutes face the same amount of stress to the body as someone working a normal eight-hour job, according to Tom Sauer, deputy chief with the New Albany Fire Department.

Only one man suffered from collapse because of the heat wave, Sauer said, but he quickly recovered. "Their coats are so heavy. There's no ventilation in those coats. With their boots pulled up to almost their knees and wearing a helmet on top of that — All these things add up," Sauer commented.

When the men aren't fighting fires, the activity level at the station houses are kept at a minimum, Sauer said. No training occurs, so the personnel can conserve their energy in case of a fire. About three to six more men may be called in as extra help on a fire run.

Neighbors may donate water, and fire chiefs stay around to provide plenty of Gatorade and oxygen for those over heated.

For the elderly, the extremely high temperatures and unhealthy pollution levels cause even more concern. Andres suggested that anyone with elderly neighbors with no air conditioning should check on them if they don't see them and ensure they don't leave their windows and doors shut to prevent air from circulating.

Fans are being made available through the Project SAFE Emergency Cooling Program, sponsored by the South Central Indiana Council for the Aging and Aged. Eligibility for fans is determined by the income for the head of households aged 60 and over.

Those interested may contact the Hoosier Valley Economic Opportunity Corp., or the South Central Ind. Council for the Aging in Floyd, Clark and Harrison counties.

Coverage helps Senior Games succeed

June 21, 1988
New Albany, Ind.

Thank you for publicizing the various events of our "Senior Games of Indiana." It's success is largely due to the articles and photos in your newspaper.

Over 500 people participated in the events this year. It was certainly heart-warming to witness a "sca" of red T-shirts being worn by seniors at the various games.

We anticipate an even larger participation in 1989 and will be looking foward to having you again favor us with your fine support.

PATRICIA JEWELL, Director
THELMA BERTRAND, Senior
Games Coordinator,
South Central Indiana
Council for the Aging and Aged Inc.

The Corydon Democrat

Established 1856

O'Bannon Publishing Co., Inc.
301 N. Capitol Ave. Corydon, IN 47112 Phone (812) 738-2211

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The publishers of The Corydon Democrat reserve the right to accept or reject all material presented for publication as news, opinions, letters-to-the-readers or advertisements. Statements in editorial opinions, columns and letters-to-the-readers are not necessarily the opinions of The Corydon Democrat and must be attributable to the writer. News stories are not the opinions of the writers or management.

6/29/88

Letters to the editor

Council for the Aging and Aged Says Thanks

Dear Editor:

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Over 500 people participated in the events this year. It was certainly heart-warming to witness a "sea" of red T-shirts being worn by Seniors at the various games.

We anticipate an even larger participation in 1989 and will be looking forward to having you again favor us with your fine support.

Sincerely,
Patricia Jewell, Jeffersonville
Executive Director
South Central Indiana
Council for the Aging & Aged, Inc.
Thelma Bertrand, New Albany
Senior Games Coordinator

7/6/88
Banner-Gazette

A 12 THE COURIER-JOURNAL, SATURDAY, JULY 9, 1988

Heat takes a toll on elderly

Continued from Page One

scrambling to find fans for people. Vicky Case, an outreach director with Hoosier Valley Economic Opportunity Corp., said she expects the agency to run out by Monday. The agency serves residents in Clark, Floyd and Harrison counties.

"We had 138 fans. We're down to 50, and they're going fast," Case said. "Two weeks ago, we were able to get funds to buy three air conditioners, and we had a fourth one donated, but those were gone immediately."

Hoosier Valley got money from the state yesterday for one more air conditioner, which will be placed in Clegg's apartment because doctors wouldn't let her leave the hospital until she got one, Case said.

Clegg said she is looking forward to returning to her apartment.

"It's been so hot that I haven't been able to do my dusting and straightening up around the house ... I am so grateful for those folks for getting me an air conditioner," Clegg said.

Fabick said that while the heat wave continues, people should try to stay near a fan or in an air-conditioned place and drink plenty of fluids. He said people should also try to do yard work or exercise early in the morning or late in the evening.

Case said anyone with an emergency need for a fan can call the Clarksville Police at 284-4357. She said the police will put them in touch with someone from Hoosier Valley.

Several agencies in Clark, Floyd, Harrison and Scott counties are taking applications for fans and utility-bill assistance under Indiana's Project SAFE, said Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged Inc..

Residents must meet economic guidelines to receive the assistance, she said.

For more information about Project SAFE, Clark County residents can contact Hoosier Valley Economic Opportunity Corp., 103 E. Court Ave., Jeffersonville, 283-4128.

Floyd County: Hoosier Valley Economic Opportunity Corp., 211 E. Main St., New Albany, 948-6583; or the South Central Indiana Council for the Aging and Aged, 134. E. Main St., New Albany, 948-8330.

Harrison County: Hoosier Valley Economic Opportunity Corp., 120 S. Capital, Corydon; or South Central Indiana Council for the Aging and Aged, case manager Velda Wolfe, 738-4228.

Scott County: Ohio Valley Opportunities, 1305 State Road 31 North, Austin, 794-2914; or South Central Council for the Aging and Aged, case manager Joyce Graff, 752-2416.

The heat has been keeping youngsters and senior citizens away from activities sponsored by the Jeffersonville Parks Department, said recreation director Rodger Caldwell.

Some of this week's senior events were canceled as a result, and attendance at organized playground programs — and at Ewing Lane pool — was about half what it was a few weeks ago.

Crews at A-D Ice Co. in New Albany are putting in 10-to-12 hour shifts to keep their customers stocked.

"It's a never-ending battle," said manager Paul Bowe, who occasionally takes a break by standing in the firm's refrigerated trucks.

Beer sales had been just about as brisk, said Ted Throckmorton, owner of Clark County Beverage Co. in Jeffersonville, but he's beginning to see a slide. For example, he's supplying only seven or eight parties with kegs this weekend, compared with as many as 20 on a normal summer weekend.

"There's less picnics, less grass-cutting," Throckmorton said. "We'd take 85 degrees, if we had a choice."

About 600 people re-enacting the Civil War Battle of Corydon have no choice, either. This weekend is the 125th anniversary of the battle, so the show must go on.

Despite having to wear heavy authentic uniforms, participants encamped at the Hayswood Nature Preserve are undaunted, said organizer Arville Funk.

"It'll probably affect the horses more than the men," he said.

The main battle will be re-enacted 2 p.m. today.

A state geologist said yesterday that although the heat and dryness are shrinking surface-water levels, water is available from wells.

A drought lasting into the winter, however, could cause problems with ground-water levels next year, said John R. Barnhart, engineering geologist with the state Department of Natural Resources.

"We don't consider ground water a major problem at this point," he said.

Information for this story was also gathered by staff writer Dale Moss and The Associated Press.

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THE DROUGHT

Heat takes toll on elderly; some relief available

By GREG OTOLSKI
Staff Writer

- UPS to fly 300 tons of hay to Kentucky for free. Page A 8.
- Kentucky governor acts to assure cities get water. Page A 8.

JEFFERSONVILLE, Ind. — Thelma Clegg, 54, who lives in a Jeffersonville apartment complex for the elderly, turned on three fans Tuesday night.

Clegg, who has arthritis in her legs and only one lung, said the heat was becoming unbearable and she was having a difficult time breathing or moving around. Her condition worsened Wednesday morning, and she was taken by ambulance to Floyd Memorial Hospital.

Doug Fabick, ambulatory-care coordinator for Clark County Memorial Hospital, said an elderly woman was brought to Clark earlier this week after she collapsed in her yard from heat exhaustion.

Louisville broke a 52-year-old record yesterday when the temperature hit 103 degrees, one above the previous record 102. The 103 reading was also the hottest it's been there since July 14, 1954, when the temperature reached 105 degrees.

When temperatures reach 100 degrees, hospital emergency-room workers in Southern Indiana say they usually treat at least two people a day for heat exhaustion. Fabick said the cases involving respiratory problems also greatly increase during severe heat.

The record-breaking heat of the past month has also sent workers from Southern Indiana community-action agencies

See HEAT
Back page, col. 1, this section

ENTS WEDNESDAY, AUGUST 31, 1988 JEFFERSONVILLE, INDIANA

E. News 88

Staff photo by Garry Jones

THE INDIANA ASSOCIATION OF HOME HEALTH AGENCIES sponsored a public forum on home health care and cost containment. Speaking to the group is Michael Sullivan, executive director of the Indiana Association of Home Health Agencies. Seated at the table, from left, are JoAnn Dome, a representative of the Visiting Nurse Association of Southeastern Indiana; Joan Bradley, registered nurse representing Tender Loving Care from Milan, Indiana; and Ninth District Congressman Lee Hamilton.

Hearing on nursing homes scheduled Sept. 12 in Indy

By EUGENE EMBRY
Evening News Staff Writer

A state-wide public hearing on nursing home conditions will be held on Sept. 12 in Indianapolis from 9:30 a.m. to noon.

Pat Jewell, director of the South Central Council on the Aging and Aged, said she felt nursing homes in this area were in good shape except for staffing.

"I think we're fortunate in this area. The quality is very good," Jewell said. "The number one problem is in staffing."

She said that it has been hard to find nursing assistants and there is a large turnover of nursing home administrators.

"I don't think they have the resources to pay in relation to the responsibilities they have," she said.

She also said nursing homes are getting filled in this area, which prevents the one-on-one attention that some patients need. Another problem comes when patients first enter the homes.

According to Jewell, they "lose" some of their independence and that sometimes leads to minor problems, but she said there had been no major problems that she knew of.

The South Central Council on the Aging and Aged works with 19 facilities in Clark, Floyd, Harrison and Scott Counties.

The hearing, which will be at the North United Methodist Church at 38th and Meridian Streets in Indianapolis, will be sponsored by United Senior Action. The two candidates for attorney general and two state legislators will make up a panel at the hearing, according to Geneva Heyob, co-chairman of the United Senior Action's Long Term Care Committee.

People who have experienced poor nursing home conditions are invited to testify, according to Forest Handlon, co-chairman of the Long Term Care Committee.

Signups Set For Utility Aid Program

The South Central Indiana Council for the Aging & Aged and the Hoosier Valley Economic Opportunity Corporation will be processing applications for persons disabled and age 60 and over for Project SAFE beginning Tuesday, Sept. 20.

Project SAFE is the state's heating/utility assistance program. Each household signing up must have the following items: proof of income for the past 12 months; current utility bills; and some form of identification with their social security number on it.

Several sites for sign-ups have been established to avoid long lines and the necessity for traveling. The schedule for disabled and elderly sign-up for Clark, Floyd and Harrison counties is as follows:

CLARK COUNTY:

Ken Ellis Senior Opportunity Center, 211 Martin Circle, Jeffersonville, Tuesday, Sept. 20, Tuesday, Sept. 27, 9 a.m.-4 p.m.

Charlestown Mid-Rise, 196 McCampbell St., Charlestown, Sept. 20, 9 a.m.-3 p.m.

Fairington Apartments, 2120 Lombardy Drive, Clarksville, Wednesday, Sept. 21, Thursday, Sept. 22, 9 a.m.-3:30 p.m.

Hoosier Valley Community Services, 510 Spring St., Jeffersonville, Monday-Friday beginning Sept. 20, 9 a.m.-3 p.m.

St. Paul's United Church of Christ, 8206 Old Highway 60, Sellersburg, Sept. 23, 9 a.m.-3:30 p.m.

FLOYD COUNTY:

Hoosier Valley Community Services, 211 E. Main St., New Albany, Monday-Friday, beginning Sept. 20, 9 a.m.-3 p.m.

Georgetown Nutrition Site, Georgetown Christian Church (Hwy 64) Georgetown, Tuesday, Sept. 20, Tuesday, Sept. 27, 9 a.m.-3:30 p.m.

Greenville Elementary School, Highway 150, Greenville, Sept. 20, Sept. 27, 8 a.m.-12 p.m.

Trinity United Methodist Church, 2796 Charlestown Rd., New Albany, Sept. 20, Sept. 27, 9 a.m.-3:30 p.m.

HARRISON COUNTY:

New Salisbury Nutrition Site, Epiphany Luthern Church, Highway 135 North, New Salisbury, Tuesday, Sept. 20, 10 a.m.-1 p.m.

Corydon Senior Citizens Center, 123 Mulberry St., Corydon, Wednesday, Sept. 21, 10 a.m.-1 p.m.

Hoosier Valley Community Services, Rt.#5 - Old Eckart Bldg., Corydon, Monday-Friday beginning Sept. 20, 9 a.m.-3 p.m.

These sites have been established to accomodate those persons who may find it difficult to travel into New Albany or Jeffersonville. Applications will be taken at the South Central Indiana Council for the Aging & Aged, 134 E. Main St. in New Albany between 9 a.m. and 1 p.m. every day until the end of the program.

For the homebound and those in need of assistance in signing up, call 948-8330. Hoosier Valley Ecoomic Opportunity Corporation will do office applications in Clark County at 510 Spring St., Jeffersonville, 283-4128, between 9 a.m. and 3 p.m.; in Floyd County at 211 E. Main St., New Albany 948-6516, between 9 a.m. and 3 p.m.; and at Harrison County Community Services at North Capital, 738-8143, between 9 a.m. and 3 p.m.

Tribune 9/12/88

Gatekeeper program will help watch the elderly

E. News
8/16/88

By TOM McDANIEL
Evening News Staff Writer

Like tree roots in touch with the nutrients to supply the tree, the Gatekeeper program with its service personnel serving as the roots, provides a link between the senior citizens and community services of which many elderly people are not even aware.

The Gatekeeper program was started in the state of Washington by the Puget Power Company. Since then the program has received national exposure.

The Gatekeeper program is designed to assist older people who need help but may be unable to get it by themselves.

"One of the best things we have done in a long time," Jenny Eighmey, spokesperson for the South Central Council for the Aged and Aging, said of the program.

Almost any employee with public contact can be a Gatekeeper. The program seeks to enlist the help of people who have contact with the elderly in the normal course of their jobs. These might be supermarket clerks, bank tellers, pharmacists, utility meter readers, customer service representatives, waitresses, waiters, mail carriers and newspaper carriers.

Indiana Gas Company and Public Service Indiana, in cooperation with the Indiana Association of Area Agencies on Aging, have joined this nationwide program designed to detect senior citizens in need of help.

"The program provides our employees with the opportunity to help someone," said Tom Gray, spokesman for Public Service Indiana.

According to Julie A. Vincent, manager of corporate communications for Indiana Gas Company, its servicemen have been waiting for something like this to come around for some time. "A lot of our employees felt that at times there was something wrong (with the resident) but didn't know what to do. Now they have someone to notify even if they suspect there is something wrong."

The Gatekeeper program requires little time and money because it uses existing systems. Once an organization decides to become involved with the Gatekeeper program it takes little time to implement it.

The company's employees participate in a one-hour seminar, which is provided by the regional Council for the Aged and Aging, to familiarize them with the program.

The seminar explains the purpose and need for Gatekeepers. It also includes a videotape presentation of how the program works, an explanation of how referals will be handled, the types of services which can be provided and a brief description of the characteristics of the vulnerable elderly.

The most obvious signs to look for, according to program officials, are:

A problem with communication. Confused, disoriented, forgetful, excessive reminiscing, angry or hostile senior citizens.

The persons' economic condition. If they are confused concerning money matters, expressed difficulty in paying bills or the inability to afford transportation.

Their social condition. If an older person is living alone or otherwise isolated from social contact. Possible victim of abuse, neglect or exploitation.

Their emotional health. If a person makes excessive statements of rejection, not eating or sleeping well, recent loss of spouse, relative, friend or pet. If they appear extremely anxious, fidgety or withdrawn.

Their personal appearance. If they appear unkept, dirty clothes, uncombed hair or unshaven.

If they have physical limitations such as severe difficulty in seeing, speaking, hearing or moving about.

And finally, the condition of the home. If it is in need of repair, neglected yard, old newspapers lying around, offensive odors or unattended pets.

If a serviceman, meter reader, letter carrier or other related service personnel suspects that there is something wrong and the resident is in need of help, all he/she needs to do is call their office or directly call the Council for the Aged and Aging and they will check out the situation and offer services, if needed.

Eighmey said, "The problem is that the elderly just don't know about the services that we provide. They (the service personnel) are our eyes and help us reach the ones who need it."

Corydon-
Democrat
8/3/88

Assistance available for over-55's who can't afford to live independently

Help is now available for Harrison County individuals, ages 55 and older, who cannot afford to live independently.

The South Central Indiana Council for the Aging & Aged Inc. provides job training, employment assistance, access to counseling and educational/job skills training, as well as help in locating permanent housing to individuals who qualify.

The experimental employment program, funded by the Indiana Dept. of Resources, targets individuals who are living in emergency shelters or those who are marginally housed.

The definition of a marginally housed person is one who may be living with another individual because his or her income is not sufficient to allow a person to live independently.

Individuals meeting the eligibility requirements of age, income and residency go through an assessment process to determine their job skills and interests, along with the need for food, clothing and shelter.

For further information, call or write Sheila Becovitz, South Central Council for the Aging and Aged, Inc., 134 E. Main St., New Albany, IN 47150, or phone 1-948-8330.

Project SAFE to assist low income households with utility bills

Project SAFE, Indiana's heating and utility assistance program, will begin sign-ups Sept. 20. South Central Indiana Council for the Aging and Aged and the Hoosier Valley Economic Opportunity Corporation will begin processing applications from persons disabled or age 60.

The purpose of Project SAFE is to assist low income households with the high cost of home energy.

Income guidelines for disabled or age 60 are: For one person, $8,655; two people, $11,595; three, $14,535; add $2,940 for each additional household member. Each household must present the following items when signing up for the program: 1) proof of income for the past 12 months; 2) current utility bills; 3) some form of identification with their social security number on it.

Applications will be taken in Harrison County at the following locations: Hoosier Valley Community Services, in the Old Eckart Building, S.R. 62 W, Corydon, 738-8143; beginning Sept.20, 9 a.m. to 3 p.m. daily.

New Salisbury Nutrition Site, Epiphany Lutheran Church, Hwy. 135N, New Salisbury, Sept. 20, 10 a.m. to 1 p.m.

Corydon Senior Citizens Center, 123 Mulberry St., Sept. 21, 10 a.m. to 1 p.m.

In Floyd County, the following locations will sign up SAFE applicants: Georgetown Nutrition Site, Georgetown Christian Church on S.R. 64, Sept. 20 and 27, 9 a.m. to 3 p.m.

Greenville Elementary School, S.R. 150, Sept. 20 and 27, 8 a.m. to 12 p.m.

South Central Indiana Council for the Aging and Aged, 134 E. Main St., New Albany, beginning Sept. 20, 9 a.m. to 1 p.m. daily.

Hoosier Valley Economic Opportunity Corporation, 211 E. Main St., New Albany, beginning Sept. 20, 9 a.m. to 3 p.m.

Applications for households age 59 and under must be taken at their nearest community action agency. Income guidelines for this group are: for one person, $7,213 gross annual income; for two, $9,663; three, $12,113; four, $14,563; five $17,013; six, $19,463. Add $2,450 for each additional person in household.

Corydon Democrat
9/14/88

Tribune
8/1/88

Ken Ellis Seniors Traveling To St. Louis And State Fairs

Members of the Ken Ellis Senior Citizens Center in Jeffersonville will be taking a bus trip to St. Louis Wednesday through Friday.

Crafts and bingo are scheduled Aug. 9 at Claysburg Towers in Jeffersonville.

The monthly dinner will be Aug. 18 at Riverside Park in Jeffersonville. Those attending should bring a covered dish for the pitch-in picnic.

Seniors will be going to the Kentucky State Fair Aug. 19 and the Indiana State Fair Aug. 23. Cost of the trips is $3 and $12, respectively.

Louise Morton, the Area 14 Senior Queen and a center member, will be competing in the senior queen contest at the Indiana State Fair.

Fall and Christmas craft items will be made during August. Other activities will include spiritual time, free blood pressure checks, exercise sessions, and painting.

The center, at 211 Martin Circle in Jeffersonville, is sponsored by the South Central Indiana Council for the Aging and Aged.

The Evening News, Jeffersonville, Ind., Monday, September 19, 1988 A7

Project S.A.F.E. applications process to begin tomorrow

South Central Indiana Council for the Aging and Aged and the Hoosier Valley Economic Opportunity Corporation will be processing applications for sign-up for persons disabled and age 60 and over for Project S.A.F.E. effective Tuesday, September 20.

Project SAFE is the states heating/utility assistance program. Each household signing up must have the following items: 1) proof of income for the past 12 months 2) current utility bills 3) some form of identification with their social security number on it.

Several sites for sign-up have been established to avoid long lines and the necessity for traveling. The schedule for disabled and elderly sign-up for Clark, Floyd and Harrison counties are as follows:

Clark County

Ken Ellis Senior Opportunity Center, 211 Martin Circle, Jeffersonville, Tuesdays, September 29 and September 27 from 9 a.m. to 4 p.m.

Charlestown Mid-Rise, 196 McCampbell St., Charlestown, Tuesday, September 20, 9 a.m. to 3:30 p.m.

Fairington Apartments, 2120 Lombardy Dr., Clarksville, Wednesday, September 21 and Thursday, September 22, 9 a.m. to 3:30 p.m.

Hoosier Valley Community Services, 510 Spring St., Jeffersonville, Monday through Friday, beginning September 20 from 9 a.m. to 3 p.m.

St. Paul's United Church of Christ, 8206 Old Highway 60, Sellersburg, Friday, September 23, 9 a.m. to 3:30 p.m.

Floyd County

Hoosier Valley Community Services, 211 E. Main St., New Albany, Monday through Friday beginning September 20 from 9 a.m. to 3 p.m.

Greenville Elementary School, Highway 150, Greenville, Tuesdays, September 20 and September 27, 8 a.m. to 12 noon.

Georgetown Nutrition Site, Georgetown Christian Church, Tuesdays, September 20 and September 27, 9 a.m. to 3:30 p.m.

Trinity United Methodist Church, 2796 Charlestown Road, New Albany, Tuesdays, September 20 September 27, 9 a.m. to 3:30 p.m.

Harrison County

New Salisbury Nutrition Site, Epiphany Lutheran Church, New Salisbury, Tuesday, September 20, 10 a.m. to 1 p.m.

Corydon Senior Citizens Center, 123 Mulberry St., Corydon, Wednesday, September 21, 10 a.m. to 1 p.m.

Hoosier Valley Community Services, Rt. 5, Old Eckart Bldg., Corydon, Monday through Friday, beginning September 20 from 9 a.m. to 3 p.m.

These sites have been established to accomodate those persons who may find is difficult to travel into New Albany or Jeffersonville. Applications will be taken at the South Central Indiana Council for the Aging & Aged, 134 E. Main St., New Albany, between 9 a.m. and 1 p.m. every day until the end of the program. If you are homebound and in need of assistance in signing up, please call Margaret Land at 948-8330. Hoosier Valley Economic Opportunity Corporation will do office applications in Clark County at 510 Spring Street in Jeffersonville, between 9 a.m. and 3 p.m.; in Clark County at 211 E. Main St. in New Albany from 9 a.m. to 3 p.m. and at Harrison County Community Services at North Capital between 9 a.m. and 3 p.m. The public utilities will also be processing applications and should be contacted for the days and times they will be taking applications.

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Memos

IN. Weekly

The **Visiting Nurse Association** of Southeastern Indiana and the South Central Indiana Council for the Aged and Aging Inc. will provide free blood-sugar screenings at the following locations: Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville, 10 a.m. Thursday; and Yellowwood Terrace Meal Site, 2100 Green Tree Blvd., Clarksville, 10:45 a.m. Tuesday.

Participants should take all prescribed medications and eat breakfast at least four hours before testing time. For information, call 288-2700.

9/14/88

E. News
8/31/88 8/88

Staff photo by Ron Dick

FRANCES AND ROBERT GIBSON were presented with a certificates of appreciation from the Elderly Nutrition Program of the South Central Indiana Council for the Aging and Aged, Inc., for volunteer service. The Gibsons delivered meals to the homebound elderly in Jeffersonville for at least once a week for over 11 years. Making the presentation is Nancy Shiner, right, nutrition director and Brenda Klein, site manager at Clark Arms Apartments. With the Gibsons retiring, one route needs volunteers to deliver to some 20 homebound elderly persons. Anyone wishing to volunteer for this much needed service may contact Brenda Klein.

Tribune
9/12/88

Ken Ellis Seniors Plan Monthly Dinner And Trips

The monthly pitch-in dinner at the Ken Ellis Senior Citizens Center will be Thursday, beginning at 10 a.m. The program will be on medications and side effects.

Blood sugar and blood pressure tests will be given prior to the dinner and those planning to have the tests shouldn't eat or take any medicine for at least four hours beforehand. Those attending should bring a salad that will serve seven.

The Ken Ellis seniors are getting ready for the Harvest Homecoming festival by making crafts that will be sold in the center's booth.

The group will be going on a Belle of Louisville cruise Sept. 28 and will attend the St. James Art Fair Sept. 30.

Trips planned for October include the Smoky Mountains Oct. 3-5 and Cherry House in LaGrange, Ky.

A movie will be shown Sept. 22 and popcorn will be served. Commodities will be distributed at the center Sept. 29.

Fall literacy classes are under way for persons who want to brush up on math, history or English. The classes are from 2-3:30 p.m. every Monday.

Other activities this month will include bingo, exercise classes, and spiritual time.

The center, which is located at 211 Martin Circle in Jffersonville, is sponsored by the South Central Indiana Council for the Aging and Aged for persons 60 and older.

For more information about any of the activities or trips, call Sue Johnson at 283-7356.

Council for Aging offers older employment program

The South Central Indiana Council for the Aging & Aged, Inc. has completed the first of a three year committment to sponsor an experimental employment program funded by the Indiana Department of Human Services.

The program targets those individuals 55 and older who are existing in emergency shelters or who are marginally housed in Clark, Floyd, Harrison and Scott counties. It provides job training, employment assistance, access to counseling and educational/job skills training, as well as help in locating permanent housing.

Individuals meeting the eligibility requirements of age, income and residency go through an assessment process to determine their job skills and interests along with their need for food, clothing and shelter. Non-profit/public organizations serve as host agencies to provide on the job training targeted to the individuals' skills and interests.

Duration of placement is 1300 hours attainable at 40 hours per week.

In the past year the agency has been working with Haven House, an emergency shelter, located in Jeffersonville, as well as the trustees, churches and other organizations who might have access to these homeless individuals. Contacts have been made with the Louisville area shelters that house Indiana homeless residents. Seventeen referrals have been received since the inception of the program. Six individuals have been helped through the program.

An effort is currently underway to located marginally housed persons in the four county service delivery area. The definition of marginally housed is a person who may be living with another individual because their income is not sufficient to allow them to live independently. Many marginally housed are between the ages of 55 to 62.

For further information contact Sheila Becovitz, Older Worker Employment Coordinator, at the South Central Indiana Council for the Aging & Aged, Inc., 134 East Main Street, New Albany, IN 47150 or call 948-8330.

7/88 E. News

Utility-bill program begins taking applications

Project S.A.F.E., an Indiana program that helps pay heating and utility bills, will accept applications from disabled people and those age 60 and over beginning tomorrow.

Applicants for each household must supply proof of income for the past 12 months, current utility bills and identification bearing the applicant's Social Security number.

The South Central Indiana Council for the Aging & Aged and the Hoosier Valley Economic Opportunity Corp. will process the applications at the following sites:

Clark County: Hoosier Valley Community Services, 510 Spring St., Jeffersonville, 9 a.m. to 3 p.m. Monday-Friday, beginning tomorrow; Ken Ellis Senior Opportunity Center, 211 Martin Circle, Jeffersonville, 9 a.m. to 4 p.m. tomorrow and Sept. 27.

Also, Charlestown Mid-Rise, 196 McCampbell St., 9 a.m. to 3:30 p.m. tomorrow; Fairington Apartments, 2120 Lombardy Drive, Clarksville, 9 a.m. to 3:30 p.m. Wednesday and Thursday; St. Paul United Church of Christ, 8206 Old IND 60, Sellersburg, 9 a.m. to 3:30 p.m. Friday.

The number to call for assistance in Clark County is 283-4128.

Floyd County: Hoosier Valley Community Services, 211 E. Main St., New Albany, 9 a.m. to 3 p.m. Monday-Friday, beginning tomorrow; Georgetown Nutrition Site, Georgetown Christian Church on IND 64, 9 a.m. to 3:30 p.m. tomorrow and Sept. 27.

Also, Greenville Elementary School, U. S. 150, 8 a.m. to noon tomorrow and Sept. 27; and Trinity United Methodist Church, 2796 Charlestown Road, New Albany, 9 a.m. to 3:30 p.m. tomorrow and Sept. 27.

The number to call for assistance in Floyd County is 948-6516.

Harrison County: Hoosier Valley Community Services, Old Eckart Building, Corydon, 9 a.m. to 3 p.m. Monday-Friday, beginning tomorrow; New Salisbury Nutrition Site, Epiphany Lutheran Church, IND 135-N, New Salisbury, 10 a.m. to 1 p.m. tomorrow; Corydon Senior Citizens Center, 123 Mulberry St., Corydon, 10 a.m. to 1 p.m. Wednesday.

The number to call for assistance in Harrison County is 738-8143.

Public utilities also will be processing applications. Applicants may call the utilities to find out days and times.

Homebound people who need help signing up may call Margaret Land at 948-8330.

Courier Journal 9/19/88

Utility-bill program begins taking applications

Project S.A.F.E., an Indiana program that helps pay heating and utility bills, will accept applications from disabled people and those age 60 and over beginning tomorrow.

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The number to call for assistance in Clark County is 283-4128.

Floyd County: Hoosier Valley Community Services, 211 E. Main St., New Albany, 9 a.m. to 3 p.m. Monday-Friday, beginning tomorrow; Georgetown Nutrition Site, Georgetown Christian Church on IND 64, 9 a.m. to 3:30 p.m. tomorrow and Sept. 27.

Also, Greenville Elementary School, U. S. 150, 8 a.m. to noon tomorrow and Sept. 27; and Trinity United Methodist Church, 2796 Charlestown Road, New Albany, 9 a.m. to 3:30 p.m. tomorrow and Sept. 27.

The number to call for assistance in Floyd County is 948-6516.

Harrison County: Hoosier Valley Community Services, Old Eckart Building, Corydon, 9 a.m. to 3 p.m. Monday-Friday, beginning tomorrow; New Salisbury Nutrition Site, Epiphany Lutheran Church, IND 135-N, New Salisbury, 10 a.m. to 1 p.m. tomorrow; Corydon Senior Citizens Center, 123 Mulberry St., Corydon, 10 a.m. to 1 p.m. Wednesday.

The number to call for assistance in Harrison County is 738-8143.

Public utilities also will be processing applications. Applicants may call the utilities to find out days and times.

Homebound people who need help signing up may call Margaret Land at 948-8330.

E. News

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Project SAFE clarification

Hoosier Valley Community Services began taking applications yesterday for senior or disabled citizens interested in the Project SAFE program.

These households may also apply at their utility company.

Households aged 59 and under, who are not disabled, may *not* register for project safe until Oct. 18. In addition, these households may apply only at the Community Services office, S.R. 62 West in the old Eckert Building.

The state of Indiana has set no cutoff date for registrations at this time, said Geneva Sams of Community Services. Signups will continue from now until future notice for seniors or disabled applicants who qualify for the program.

Signups for households under age 59 will begin Oct. 18 and continue until further notice.

Tribune 9/20/88

Project SAFE

Public Service began taking applications today for Project SAFE from disabled customers and customers 60 and older. The state-administered program offers assistance in paying winter heating bills.

Persons who are age 60 or disabled can apply at PSI offices, their heating utility, a Community Action Against Poverty (CAAP) office or an Agency on Aging. All other applicants, age 59 and under, must apply at a Community Action Agency beginning Oct. 18.

Customers who qualifed for Project SAFE funds last year still need to apply this year. Applicants must bring documentation of income for each household member, copy of heating and electric bills and a copy of their lease if they rent.

Persons may apply at the Clarksville PSI office between 9:30 a.m. and 4 p.m.

Staff photo by Ron Dick

GILT EDGE BAPTIST CHURCH in Jeffersonville donated hymn books to the Ken Ellis Center yesterday. Attending the presentation were William Shrewsberry, Jr., Bob Campbell, Ola Thorton, D.L. Motley and Robert Shrewsberry. Not pictured was William Shrewsberry, Sr.

SOUTHERN INDIANA'S TRUE AFTERNOON NEWSPAPER...WE'

E. News 9/27/88

Fall activities at the Ken Ellis Senior Opportunity Center

Ken Ellis Senior Citizen Center, sponsored by The South Central Indiana Council for the Aged and Aging are keeping the seniors in Clark and Floyd counties busy by making crafts, exercise and many fall trips.

Wednesday, Sept. 28 they will make a cruise on the Bonnie Belle. Thursday, Sept. 29, commodities will be given to the seniors. Friday, Sept. 30, they will be traveling to the annual Saint James Art Fair from 10 a.m.-2 p.m. Oct. 2-5, they will be traveling to Pigeon Forge and Gatlinburg, Tenn.

We hope all of you will stop at our Harvest Homecoming booth to see what the seniors at Ken Ellis make each day. Proceeds for the booth help buy supplies for their crafts and activities.

Wednesday, Oct. 5, seniors will go to Providence Home for their annual senior dance. They will travel to La Grange, Ky., Monday, Oct. 17, enjoying Christmas decorations at the Cherry House and a homemade dinner at the Robins Nest, an antique Railroad Station. Reservations along with money has to be paid by Oct. 13. We will leave the center at 9:30 a.m. and return at 2 p.m. You must have your own transportation to the center. We have several openings for our new Christmas trip, Dec. 5 and 6, to Nashville, Tenn., seeing the Christmas decorations at the Opryland Hotel. From their studio we will see the show "Crook and Chase" put on live, take a guided tour of the stars homes, visit The Upper Room and shop at Rivergate Mall, enjoy a free breakfast and stay at The Drury Inn for $55 per person, two in a room. Single room $72. This trip is also sponsored by The Jeffersonville Parks Department.

Our center is open five days a week and we will be closed Oct. 10 in observance of Columbus Day and Wednesday, Oct. 19, for employees retreat.

For more information about our activities call Sue Johnson at 283-7356.

E. News 9/19/88

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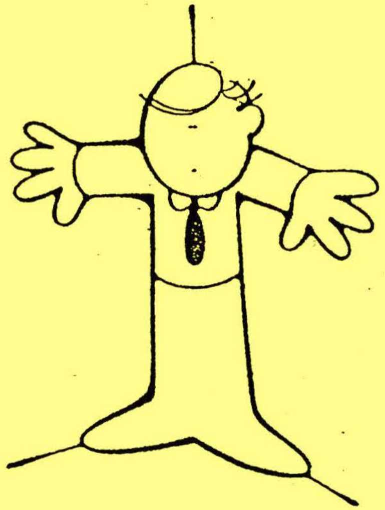


CORNERED by Consumer Rip-Offs?

SOUTH CENTRAL INDIANA COUNCIL FOR THE AGING & AGED, INC.

WEDNESDAY, NOVEMBER 2, 1988

10:00 A.M. - 2:00 P.M.

TRINITY UNITED METHODIST CHURCH

Get the facts on
"FIRE SAFETY"

REGISTRATION.............................. 9:30 - 10:00 A.M.

WELCOME/INTRODUCTIONS.......................10:00 - 10:10 A.M.

Patricia Jewell, Executive Director

"CONSUMER RIP OFFS"........................10:10 - 11:00 A.M.

Mike Schuh, "32 On Your Side"
WLKY Troubleshooter

"FIRE SAFETY"..............................11:00 - 11:45 A.M.

Major John Wall
New Albany Fire Prevention Bureau

INVOCATION.................................11:45 - 11:50 P.M.

Guy Roehm

LUNCH......................................11:50 - 12:45 P.M.

AREA HEARING...............................12:45 - 1:45 P.M.

INTRODUCTIONS - Patricia Jewell
Executive Director

GOALS & OBJECTIVES - Patricia Jewell
Executive Director

BUDGETS FOR 1989 - Sherrill Williams
Deputy Director/Fiscal Officer

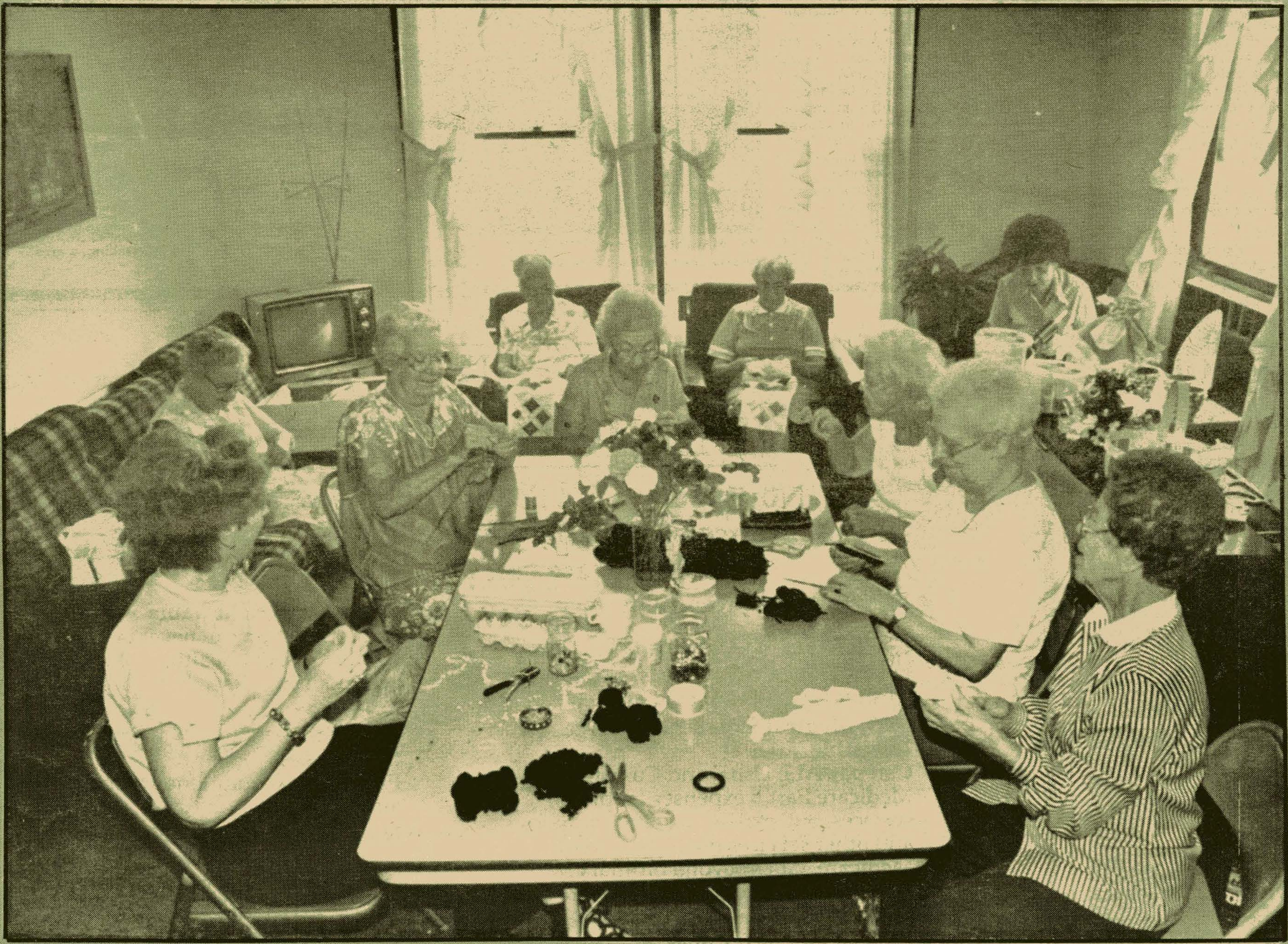
NUTRITION PROGRAM - Nancy Shiner
Nutrition Director

* AUDIENCE RESPONSE

* WE WELCOME ANY AND ALL QUESTIONS, COMMENTS AND CONCERNS.
WE ASK THAT YOU GIVE YOUR NAME AND AFFILIATION IF ANY.

156E

SENIOR LIFESTYLE



Pictured above are volunteers at The Seniors Center, Council for Older Americans 317 E. 5th Street. They are working on craft items for their 1988 Harvest Homecoming Booth.

SUPPLEMENT TO THE TRIBUNE AND TRI-COUNTY EXTRA

1561

Getting Older And Going Strong Is A Matter Of Attitude

Of the many thousands of older Americans whose lives remain vital and active, it's a fairly safe assumption to say that one of the most important elements to their vitality and success, if not *the* most important element, is their attitude.

Attitude is everything—no matter what age we are. But here again, achieving this exalted "attitude" can be easier said than done.

The senior scene can be complicated by many things, just as in any other stage of our lives but, by maintaining old friendships, and cultivating new ones, life can continue to be an exhilarating, rewarding experience throughout the older years.

It is important to help one's self to the opportunities that exist, or to enlist someone else's help in becoming more informed about the opportunities available to remain or become involved with friends, family and community.

Volunteers always are needed in a large variety of capacities, whether it's for programs at elementary, junior or senior high schools, day care centers, hospitals, summer camps, businesses, museums, charitable organizations, parks—the list goes on and on.

If you're tired of sitting around all day and long to get involved with something, there is an activity waiting for your enjoyment, and your help.

For other people who might have retired recently, looking for more work might be the last thing thing they want to do. We work hard all our lives and retirement can be the extended vacation one has been waiting for, for 45 years or more.

Retirement means different things to different people, but it can be an opportunity, at least initially, to catch up on all those movies, books and plays that you've wanted to get to.

For others, travel might be the answer to their dreams. Tired of seeing the world through the eyes of magazines and television, some older Americans choose to make the trek to see the real thing, whether it's the Taj Mahal, an Arctic sunrise, or the length and breadth of the Mississippi River.

Your retirement years are yours to spend in whatever way you want, with whatever means are at your disposal.

Everyone has different needs and desires. If all you want to do is go fishing, then go fishing...or bowling, or bird watching or babysitting the latest and greatest grandchild.

If learning new things is a passion, then enroll in a course to learn to speak Italian or Russian, or how to read ancient Greek. The possibilities are limitless.

If passing on your different areas of expertise and knowledge to younger people is important to you, then find a way to do just that. Unfortunately, the chances of this kind of opportunity simply knocking at your front door are slim.

It won't be easy at first, but it most certainly isn't an unrealistic goal. You just have to get the word out that your services are available, and find the people who can use you, who need you.

BY SHARING SUCH ACTIVITIES as singing, arts and crafts, gardening, reading and storytelling, a greater understanding, respect and affection can be fostered between the generations.

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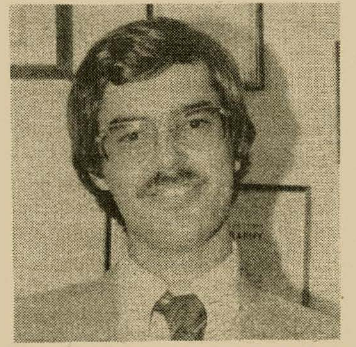

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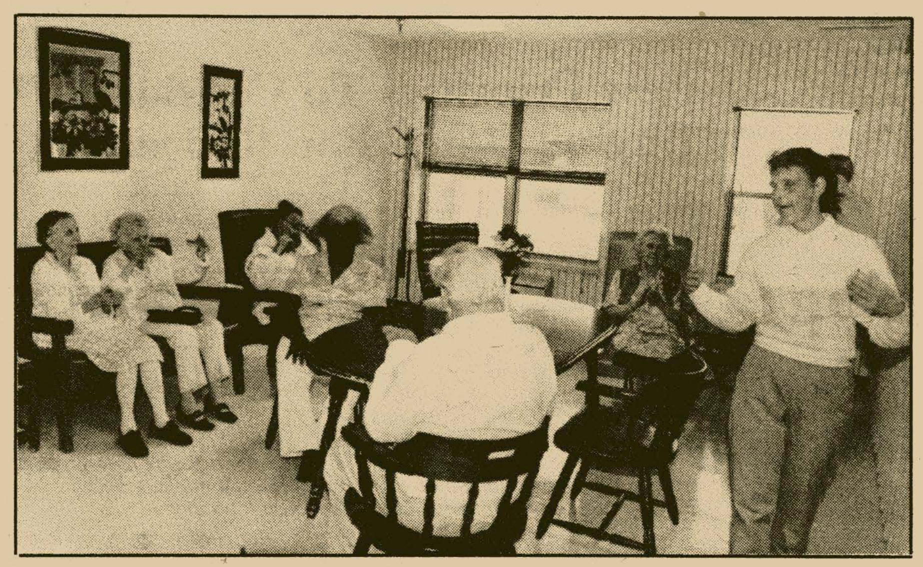
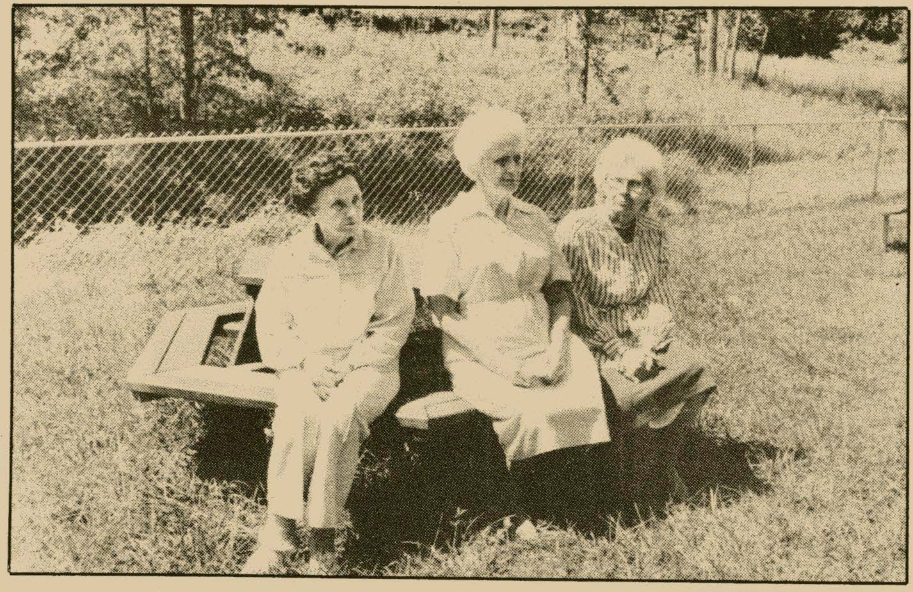
LINCOLN HILLS SPECIAL CARE UNIT

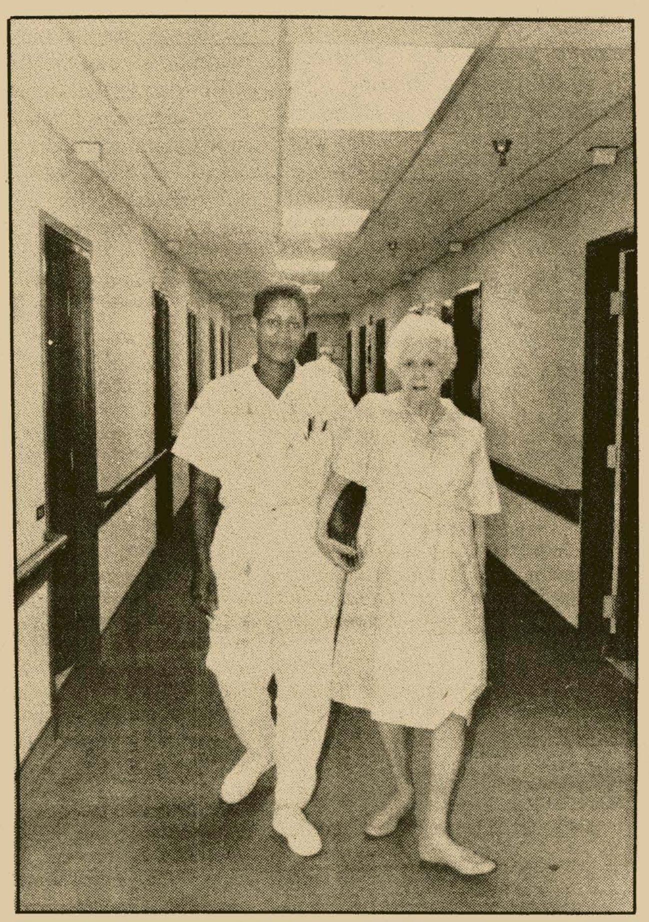


JUDY NALLEY (Right)
Leading Exercise



Residents, Left to Right:
VIOLET DANGERFIELD, HELEN HOOVER, IRENE CHILDRESS

A MEMBER OF
ahca
American Health
Care Association



Left to Right:
PAM RAY Walking Resident HELEN HOOVER

SPECIAL CARE UNIT

Alzheimer's Disease (AD) is a progressive, irreversible, neurologic disorder that affects an estimated 2.5 million American adults. AD is the most common form of dementing illness, which causes declines in intellectual functions and in the ability to perform routine activities.

Alzheimer's usually has a gradual onset. Problems remembering recent events and difficulty performing familiar tasks are early symptoms. Additionally, the Alzheimer's patient may experience confusion, personality change, behavior change, impaired judgment and difficulty finding words, finishing thoughts or following directions. How quickly these changes will occur vary from person to person, but the disease eventually leaves its victims totally unable to care for themselves.

Some AD patients can be managed at home with various support services. Others must seek replacement in a long-term care facility.

Lincoln Hills has a Special Care Unit for patients with AD or a related disorder. The purpose of the unit is to provide a safe, secure and familiar environment for the patient.

One purpose of the Special Care Unit is to ensure the well being of the patient. It is our goal to provide the family with the reassureance that a loved one is being cared for in an atmosphere created especially for residents with AD.

- Capacity for 28 Residents
- Semi-private rooms with neutral color scheme
- Multi-purpose rooms used for activities and dining
- Residents are encouraged to bring personal items to make their room home-like
- Sensory stimuli
- Special activity programming & special events
- Enclosed outside area
- Higher concentration of staff to residents (1 staff person to 6 - 8 residents)
- Specially trained staff
- Ongoing education for staff
- Consistent staff assigned to unit daily
- Consultation with Louisville Chapter of ADRDA
- Monthly support group meetings

Contact Maureen Chambers, BSW for a tour of our special care unit.

Administrator:
Roger Ambrose

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New Albany, Indiana
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Lh

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of New Albany

Be Sensible About Amount Of Salt You Consume

It is naturally present in most foods. It is added to canned, packaged, and frozen foods to flavor and preserve them. We add it during cooking. We sprinkle it on our meal at the table. It makes food taste good. And it is good for us—in limited amounts.

Salt is a necessary part of life, not only because it flavors and protects foods. Our bodies need sodium, which is present in salt, because it helps to maintain blood volume, regulate water balance, transmit nerve impulses, and perform other vital functions.

But many people consume far too much of it. Salt consists of 40 percent sodium 60 percent chloride. One teaspoon of salt has 2 grams of sodium. The Food and Nutrition Board of the National Academy of Sciences believes that an adequate and safe level of sodium each day is 1.1 to 3.3 grams. Americans now consume between 2.3 and 6.9 grams daily.

High Blood Pressure: Older people in particular should be cautious about using too much salt. The main reason for caution is that overuse of sodium is one factor that is associated with high blood pressure (HBP). Having a family history of HBP and being overweight are major factors too. HBP, in turn, can lead to heart disease, stroke, and kidney failure. Blood pressure rises with age, and all of these disorders are much more common among the elderly.

Restricting the amount of sodium in the diet helps lower HBP in many individuals who already have the disease. It also can increase the effectiveness of drug treatment, making a lower dosage possible.

How to Cut Back: As people grow older their sensitivity to flavors and smells usually decreases. Because of this, there may be a desire for more salt to combat the flat taste of foods.

If your doctor has suggested that you cut back on salt, there are several steps you can take. It is easy to change a few dietary habits that will reduce the level of sodium without changing the diet drastically.

First, learn which foods in general contain less sodium. Fresh foods usually have less sodium than processed ones. Fresh meats, for example are lower in sodium than processed ones such as lunch meats, bacon, hot dogs, sausage, and ham, all of which have sodium added to flavor and preserve them.

Likewise, most fresh vegetables are naturally low in sodium. Canned vegetables and vegetable juices usually have salt added, but some new lines are canned without it. Plain frozen vegetables without sauces are generally low in sodium. Fresh, frozen, and canned fruits and fruit juices are low in sodium.

Commercially prepared foods such as soups, frozen dinners, and other convenience items have salt added in their preparation. Some of these are available with substantially less sodium, so check the labels.

Snacks such as potato chips, pretzels, corn chips, popcorn, crackers, and nuts normally have a great deal of salt added and are best used sparingly.

When grocery shopping, look for low-sodium and sodium-free items. Many food manufacturers list the sodium content of their products on the labels. (Food labeled "salt-free," "sodium-free," "low-salt," or "low-sodium" *must* have this information.)

Baby Boomers — Gracefully Aging

America's estimated 74 million Baby Boomers are the most sought-after segment of the consumer marketplace. Higher per capita earnings and greater desires for "the good life," as well as a healthful lust for youth, account for this phenomenon.

Yet, approximately 20 percent of the Baby Boom population is nearing the age of 40, bringing the total Americans in the over-40 age bracket to nearly 80 million.

As the country's most influential age group matures, a host of healthcare products is coming to the forefront to meet changing physical needs.

Among these products is an innovative development in bifocal contact lens technology addressing the common problem of presbyopia, a condition in which the eye begins to lose some of the the elasticity needed to focus between near and far objects.

The Bausch & Lomb Bi-Tech Soft Contact Lens is the most recent entry in the bifocal arena. The lens operates on the principle of alternating vision by having two distinct zones.

The top half contains the prescription for distance correction and the bottom half provides near vision correction, just as bifocal eyeglasses are designed.

But unlike spectacles and other bifocal lenses, Bi-Tech's unique monocentric design eliminates the image jump or ghosting (double image) commonly experienced when switching focus from near to far objects, for example.

Bifocal contact lenses offer presbyopes an alternative to wearing eyeglasses, the traditional form of bifocal vision correction and one that many people associate with the first sign of aging.

Roger L. Terry, Ph.D., professor of psychology at Hanover College in Indiana, and a member of the Bausch & Lomb InVision Institute's scientific advisory board, is one of the few doctors in the United States who studies the psychological effects of visual correctives.

Says Dr. Terry of his research findings, "Some people have trouble handling the fact that they are getting older. They need to understand that they don't need to live with a 'spectacle' image if they don't want to. Granny glasses aren't the only alternative for better vision over 40. There is the option of contact lenses."

Recent advancements in contact lens technology have spawned specialty products, so that many people who have been told in the past that they couldn't wear contact lenses may now be candidates. An eye care professional can discuss the options available in soft contact lens correction, including bifocals.

For additional information about vision care and vision correction options, write for the free "Look Into Your Eyes" brochure by sending a stamped, self-addressed business size envelope to: Bausch & Lomb InVision Institute, P.O. Box 815, Quincy, MA 02269.

New Priorities To Consider When Buying Home For Retirement

ⓜ Older Americans frequently sell their homes and purchase new retirement shelter. Financial consultant and real estate expert Stephen Pollan, appearing on *The Nightly Business Report* on public television, advised those considering such action to analyze three elements: Specific location, affordability and purpose for the new home.

He pointed out that an investigation of a location's ambiance, economy and demographics takes on added importance, because a home for the retirement years probably will be the last home a person will buy. Pollan recommends renting before purchasing in order to get accustomed to the area.

"Base your affordability judgments on the amount you can afford to spend monthly on shelter," he said. "Don't let the amount of the mortgage throw you."

Pollan also advised retirees to invest the proceeds from the sale of the previous home. "Avoid putting down a large down payment (on the new residence) and certainly don't pay cash," he stated.

Goals change at retirement time. For example, a formal dining room may no longer be necessary if one is going to entertain less frequently, Pollan indicated.

"Forget about buying a home with bedrooms for all of your children. They can stay in a hotel when they come to visit," he added.

The Nightly Business Report is produced by public station WPBT2/Miami in association with Reuters. National underwriters are Digital Equipment Corporation, Kidder, Peabody Group Inc., A.G. Edwards and public television stations nationwide.

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The Later Years Can Be Among The Most Rewarding

Grandma Moses was painting at age 100, and Arthur Rubinstein gave one of his greatest recitals at Carnegie Hall when he was 89. While there isn't any magic formula for remaining active so long, Donna Dalton Hummel, Ph.D., author and teacher of development and aging in the Department of Psychology at Castelton State College in Vermont, says that if we can dispel the myths of aging, plan well for retirement, develop financial security and maintain a positive outlook on life, the later years can be among our most rewarding.

"Many sources of information and everyday assistance now exist to help older people," Hummel says. "Most are a telephone call away, but unless a person knows that the programs exist they are of no value."

It was for that reason that Hummel, with Edith Furst and Anne Averyt, wrote *Successful Aging: A Sourcebook For Older People And Their Families* (Ballantine Books). The book explains what resources exist for the elderly, where they are, what they do, and how they can be contacted. "It isn't a textbook on how the body ages," Hummel stresses. "It is a resource guide to point you in the direction of sources of help."

The idea for the book came from the massive amounts of information on assistance for seniors that passed across Furst's and Averyt's desks at the Consumer Federation of America in Washington, D.C.

Furst currently is Product Safety Coordinator at the Consumer Federation of America and Averyt is former Product Safety Director for the Consumer Federation of America.

It took the authors over seven months to compile all of the information for their book, which includes sections on Social Security and Medicare, health and nutrition, drug packaging, alternative housing choices, retirement planning and coping with death and dying.

The authors' findings dispel many of the myths that have surrounded aging through the years. "Old age isn't synonymous with being sick and senile," Hummel comments. "The greatest danger in allowing these myths to go uncorrected is that older adults may accept them as truth. If you expect your memory to fail, it will.

"In fact, no dramatic transformation occurs at age 65 to turn you into a different person from the one you were at 64," Hummel stresses. In 1935, when Social Security was enacted, only four percent of the population lived beyond age 65. "That age was chosen for retirement basically for reasons of financial expediency," she says.

In light of recent government cutbacks in benefits affecting the elderly, it is more important than ever for people approaching retirement age to keep several things in mind, Averyt continues.

"You should find out whether your company has a pension plan, whether you are in direct control of it, whether the plan is pegged to Social Security benefits, how early retirement can be taken without a benefit penalty and what the monthly benefits will be," Hummel notes.

"It is equally important to have a will," she says. "You have worked hard to buy a home, gather some savings, and collect possessions that mean a lot to you. Even if you have no close family, a will can ensure that assets go to the beneficiary of your choice, rather than to the state," she adds.

Unfortunately, retirement also can mean having to come to terms with death. "Fear of death can paralyze an older person. The alternative is to accept death—not to fear it—as the final stage of life, the time when we come to terms with our defeats and celebrate our victories," Hummel says.

"It's also important to recognize your fears and then to talk to someone about them," she points out. "We all deal better with fears if we can name them."

In some instances, the elderly are turning to alcohol to cope with loneliness and pain or for solace following the death of a spouse, Hummel says. "Widowers over the age of 73 have the highest rate of alcoholism in the country, and experts believe that alcoholism in older adults may be under-reported because it is easier to hide when you don't have to report to work every day," she says. "The cure seems to come when alcoholics can admit they have a problem and contact a doctor or Alcoholics Anonymous."

Many recommendations for making the golden years more golden require a lot of money, but Hummel maintains that there are plenty of alternatives. "If an older person doesn't have money to travel, for example, there are many volunteer programs around that offer entertainment and socialization," she says.

"Just contact your church, local library, hospital or American Cancer Society chapter. They're all looking for volunteers. An active later life keeps you young and alert," Hummel insists.

"Deane Davis, the 84-year-old former governor of Vermont, says he once knew a man who was so ready to die he never bought green bananas. As Ann Landers says, 'Age is only a number,' and I wholeheartedly agree. My formula for successful aging is this: Anticipate and enjoy life. Buy some green bananas!"

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Help Parents Plan For Retirement

ⓜThink about it. Modern medical technology has performed miracles in the past few decades—dramatically increasing the average life span for men and women in the United States.

Based on the increased life span and decreasing birth rates, the Census Bureau now estimates that, by the year 2050, there will be more people in the United States over age 65 than under age 18.

As this population grows, "retirement years" are becoming a larger portion of people's lives. However, according to Timothy Lenicheck, vice president of Investment Services and Private Banking at Shawmut Bank, Social Security, the major financial support system now in place, has not kept pace with modern medicine.

"Because people are likely to live longer lives, and Social Security alone is not enough to live on, many outlive their current assets," said Lenicheck. "Therefore, it is more important than ever for people to plan *now* for their parents' financial security during retirement."

Lenicheck explains that retirement planning for parents is not easy—but it is essential. Just as parents once looked after their children's financial needs and encouraged them to learn financial responsibility, adult children now must help parents maximize current and future resources.

This means a reversal of roles and responsibility for parents and children—a change that places the child in the role of supporter, nurturer and "guidance" director to help the parents down a secure path.

"Much in the same way as children often help older parents seek appropriate medical attention, they must also address the issue of financial security," Lenicheck added.

Preparation dispels financial confusion

"It may be difficult to look beyond your emotions, especially if one or both of your parents are in ill health, and focus on issues involved in their financial future, but there are some steps you can take to prepare for a discussion and make it a little easier," he said. Lenicheck advises people to begin by doing their financial homework.

"With the vast array of financial products and services available today, your parents may feel anxious about how to begin their planning," Lenicheck continued.

"During their primary earning years, they may not have been exposed to the current mix of financial services. For example, they undoubtedly saved and/or invested money in the past, but they may not recognize some of the new investment opportunities. By approaching the subject as a 'partner' and not as a 'child,' you can help ease some of your parents' anxiety."

According to Lenicheck, the first hurdle actually may be to convince parents to share the details of their financial situation, and allow their children to become involved in financial decisions.

He recommends easing the reluctance by working with an objective financial professional such as a banker, lawyer or accountant to advise in financial planning.

An experienced financial professional will help assess the current and anticipated financial resources of those involved, as well as their financial needs to support future lifestyle expectations.

The financial advisor should be able to translate this information into concrete goals and objectives, and develop an individually-tailored plan. The planner also can help implement the plan by pulling together the necessary resources to meet these goals and objectives.

Reviewing assets and expectations

The status of current and anticipated resources should be reviewed with a financial advisor to ensure an appropriate balance for retirement. Some key areas parents and children should consider include:

- *Employee Pension Benefits and Profit Sharing Plans.* Parents should evaluate the plan(s) provided by their most recent employer and meet with the personnel officer if there are any questions about benefits.
- *Estate Planning.* If a will has not been prepared, make it a top priority.
- *Current Investments.* Children and parents should review any planning steps taken to date including IRAs, stock market investments, mutual funds, etc.
- *Real Estate.* Evaluate real estate assets, home(s) and any investment property. Discuss future plans for the real estate.
- *Social Security.* Not to be overlooked, Social Security is an added source of income. However, it is important to find out the amount of anticipated benefits. Although Social Security certainly should be considered a source of income, it should not be counted on as the primary one.
- *Health Considerations.* Discuss present health, health care coverage, expenses for possible live-in aid and nursing home care. The high costs of quality care should emphasize the importance of being prepared, to preempt a crisis situation.
- *Travel/Entertainment.* Determine the extent of anticipated travel and allow for this in the planning.
- *Relocation.* Discuss any possible relocation plans. Some parents may wish to move to a different climate or live in a low-care condominium/apartment instead of a single-family house.

"Keeping all of these factors in mind, it's easy to see that retirement planning is more than simply purchasing an IRA or setting up a health plan," Lenicheck commented.

"The myriad of financial resources available can lead to a multitude of decisions, decisions that a reliable financial planner can help make. However, it is most important that you and your parents establish a comfortable working relationship with someone you trust."

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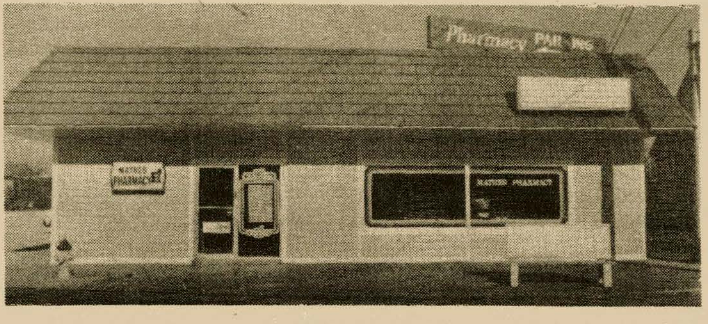

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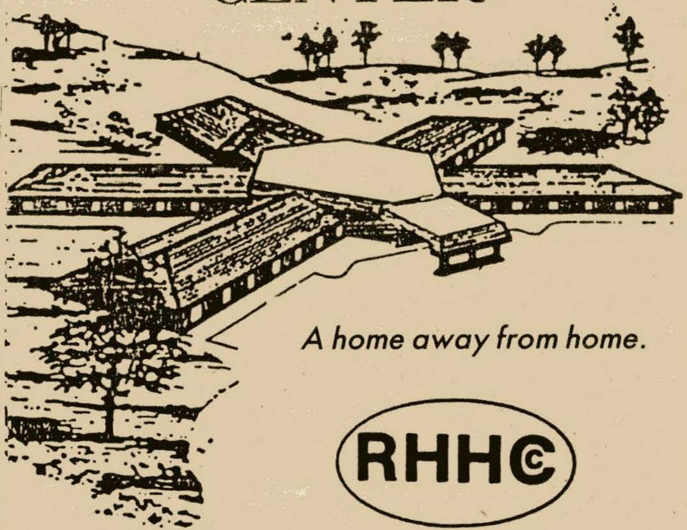

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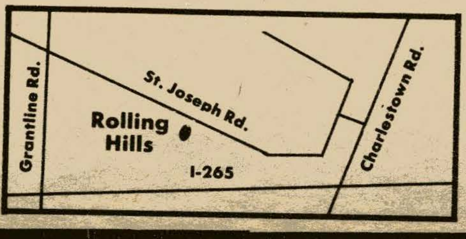

Maintaining Fitness When You're Past The Age Of 50

Ⓜ"Eating right" is a phrase we've heard a million times from our parents, doctors, spouses and friends, but after 50-plus years, it begins to hit home.

As the metabolism begins to slow, and coffee and doughnuts don't seem to kick start the old engine anymore, a proper diet becomes essential.

"Although most people's metabolism slows down toward middle age and thereafter, and they may not feel energetic, it doesn't mean it is time to toss in the tennis shoes and take up residence in front of the TV with bonbons," stated Chris Jensen, a nutritionist at Shaklee Corporation. "Research shows that proper nutrition and regular exercise can make a real difference."

Maintaining proper weight, eating a balanced diet and getting enough fiber are three musts for people past middle age.

Everyone knows that being overweight is hard on our hearts, but did you know that statistics show that being overweight also greatly increases the risk of other diseases such as cancer and diabetes?

"It is particularly hard on seniors, because it is during this period of our life that the net effect of our lifetime of dietary and lifestyle habits tends to catch up with us," stated Jensen.

"Generally speaking, people over 55 don't need as many calories to maintain their weight. And getting a balance of carbohydrates, protein, fats and fiber as well as the proper micronutrients in a lower calorie diet can be difficult.

"It's always a good idea to check with your physician before starting a diet program. Shaklee has developed 'The Full Energy Diet' which consists of a recommended 1,000 calories a day, along with a balance of carbohydrate, fat, fiber and protein. The diet is supported by fiber and diet products as well as a multivitamin and multimineral supplement for nutritional insurance.

"Make sure you don't go for a fad, quick-weight-loss diet that will deprive your body of needed nutrients, or you may end up in front of the TV instead of out on the tennis courts!"

We also know that being severely underweight can be hard on your body. The incidence of infection and disease complications is higher in circumstances such as these.

Again, if you go on a diet to increase your weight, make sure you don't fill up on candy bars and soda pop. You should increase your calorie intake with foods that provide a balance of carbohydrate, fat and protein as well as the essential vitamins and minerals.

To determine your ideal weight use the following guidelines (give or take 10 percent for factors such as bone structure):

- Women: 100 pounds plus or minus five pounds for every inch above five feet in height.
- Men: 106 pounds plus or minus six pounds for every inch above or below five feet in height.

Tips to help you get the nutrients your body needs:

- Eat nutrient-dense foods. As your metabolism slows, your appetite will get smaller, and choosing foods that are high in nutrients will be particularly important to give you an extra boost! Don't waste your calories on nutrient-poor, high-calorie, high-sugar foods like candy and desserts.
- Take a multivitamin and multimineral supplement for nutritional insurance. It is hard to get all your needed vitamins and minerals in a low-calorie diet. Chances are you aren't getting the nutrients you need.
- Calcium for women is particularly important. Osteoporosis, thinning of the bones with age, can occur with diets low in calcium. And women are more susceptible than men. If your diet is lacking in calcium-rich foods, consider a calcium supplement.
- Make sure your diet includes foods rich in beta carotene, such as dark green, leafy vegetables like spinach and broccoli, or yellow vegetables such as summer squash and carrots. If you are not getting enough of this important nutrient through the foods you eat, you should consider a beta carotene supplement.

Tips to increase fiber in your diet:

A diet high in fiber is great. Scientists believe fiber-rich diets can help reduce blood cholesterol, prevent intestinal disorders, help with regularity, and even facilitate weight loss.

- Eat brown rice, whole wheat bread, bulgur wheat and whole wheat pasta.
- Satisfy your sweet tooth with fiber-rich fruits such as apples and bananas. Fruits such as berries with edible seeds are also high in fiber.
- Eat high-fiber cereals. Hot cereals like oatmeal are an excellent source of fiber.
- Sprinkle fiber on fruit or in yogurt. Shaklee has a "Fiber Blend" that is particularly good.
- Eat potatoes and other vegetables with their skins.
- Snack on popcorn but hold the butter.
- Eat dried fruits such as apricots, prunes and raisins.

For additional information on diets and general nutrition, call 415-954-2010 or send a self-addressed, stamped envelope to Shaklee Corporation, Public Relations, 444 Market Street, San Francisco, CA 94111.

MINNIE HAZEL "SKIP" BOWMAN, aged 72, enjoys playing the card game she invented. Skip-Bo is America's most popular card game with 55-and-over consumers.

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*Business Week, August 12, 1985

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9/30/88
Tribune

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Corydon Demcrat
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C 8 THE COURIER-JOURNAL, WEDNESDAY, OCTOBER 12, 1988

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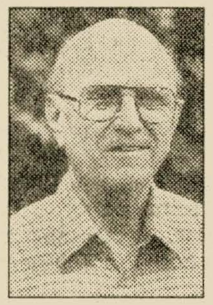

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Board service helps "keep things going"

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The women and men who have been honored are:

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In the past decade, there have been few issues involving older people in the Louisville area in which Wiggins has not taken a leading role. Delores Delahanty, director of the county Department of Human Services' Office of the Aging, said Wiggins is "a wonderful example of the difference one person can make to so many."

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Wherever public bodies — from the legislature to the TARC board — are discussing an issue affecting senior citizens, the 77-year-old Wiggins is sure to be there. Other seniors depend on her for leadership, and a lifetime working in government has given her a sure grasp of how things get done.

She is a native of West Baton Rouge Parish, La., and was educated at Virginia State College and the University of Louisville's Kent School of Social Work. Besides teaching in colleges in Louisiana, Texas and Florida, she has been a Jefferson County caseworker in the Aid to Families with Dependent Children program and a supervisor with the Louisville Division of Recreation. For 25 years — until retirement — she worked for the Kentucky Department of Human Resources.

She is married to William H. Wiggins Sr., who is retired from the circulation department of The Courier-Journal. They have three children.

In a "personal data sheet" that she provided to the Office of Aging and Jewish Hospital's Harland Sanders Geriatric Center — co-sponsors of the senior-citizen award — Wiggins said her "career objective" is "to share my experience and skills with others to help make this a better community and provide a good quality of life for all."

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Morton, a native of Gallatin, Tenn., moved to Indiana in 1942. She has four children and 16 grandchildren.

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Morton is also a world-class — well, state-class, anyway — horseshoe pitcher; she won gold medals in 1987 and 1988 at the Indiana Senior Games.

Lonely seniors at the center are apt to find themselves invited to her home for weekends and holidays where — surprise! — she feeds them. To her, it's the natural thing to do.

"If I could afford it, I'd have them out to my house all the time," she said. "If they're hungry, I want to feed them. If you had no home, I'd take you in. I love to do for people. I'm a Christian."

■ **Robert Craig Sr.** of New Albany will be pitted against 15 other Indiana regional senior citizens of the year later this month for the Indiana title. Though he's flattered by the attention, he's convinced it's misplaced.

"I work behind the scenes," he said. The people on the firing line should be given the credit, people like the Hospice volunteers who actually go out and work with the dying, he said..

"People like myself on boards just keep things going."

Aiding others by keeping things going is the story of Craig's life. He is one of the founders of Hospice of Indiana and is a former member of the board of Hospice of Louisville and Southern Indiana. He also devotes much of his time to the Interfaith Community Council, of which he is a board member and past president. The council addresses community needs with such programs as the food pantry, adopt-a-child program and the deaf-relay system, through which deaf persons are linked by teletype with council offices.

Craig is also an elder at Central Christian Church and past chairman of its board and has taught Sunday School there for 40 years. For a decade he has been co-chairman of the annual Community Prayer Breakfast. He is a member of the Kentucky Interfaith Community and is vice chairman of the Floyd County Historical Society. He has served as chairman of the Rotary Club and was an adviser to the Junior Achievement program.

He has been active in the University of Louisville Alumni Association, worked with panels reviewing the records of students applying for master's degrees and taught plant layout and supervisory training at U of L's Speed Scientific School for 10 years.

"I grew up in a family that believed if you were even in modest circumstances, you had an obligation to help those less fortunate," he said.

Craig has lived his entire 76 years in New Albany, except for service in Washington, D.C., with the Office of Strategic Services during World War II. He designed devices like inexpensive pistols for agents and resistance fighters in occupied Europe.

After graduation from Speed as an electrical engineer in the early 1930s, he worked briefly with Standard Milk Machine Co., then in 1937 moved to Porcelain Metals Co., where he worked until his retirement in 1977.

He and his wife, Betty, have three children and six grandchildren.

■ Oh, yes — the male Senior Citizen of the Year for Jefferson County. It's **Al Allen,** 65, retired Courier-Journal editor and writer, and author of thi

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November activities at the Ken Ellis Senior Center

Ken Ellis Senior Citizen Center has a very busy November coming up for all seniors 60 or older. Seniors at Ken Ellis are sponsored by The South Central Indiana Council for the Aged and Aging.

Holiday crafts will be made during the month along with dressing small dolls for the children of the Salvation Army. Each year the seniors dress many dolls and they are put on display at the Green Tree Mall in December before giving them to the Salvation Army children. Appreciation reception for the doll dressing will be Wednesday, Dec. 2.

Entertainment for the month will be by the 5th Street Rhythmaires from 10-11 a.m. Thursday, Nov. 12. The monthly dinner will be Thursday, Nov. 19 and Nathan Wolfe, a teacher from the New Albany School System, will show slides of his recent trip to England. A craft auction will also take place, so all seniors are asked to bring a dish and come enjoy the fun.

Seniors will be making a wreath for the Culbertson Mansion Christmas Tree Festival. Their wreath will be shown at the mansion during the month of December.

Free bowling will be at Youngstown Lanes Tuesday, Nov. 10. The group will leave the center at 11:30 a.m. Free bowling is from 11 a.m.-2 p.m. Transporation is provided.

Wednesday, Nov. 11, the group will have a Veterans' Day Celebration. All are asked to bring a poem or reading.

One trip will take place in November and the group will travel to Jefferson Mall Monday, Nov. 16, leaving the center at 9:45 a.m. and return at 1:30 p.m.

A Thanksgiving dinner will be cooked by the ladies of the center for everyone on Wednesday, Nov. 25. Cost for the dinner is $2.

Each Monday, for all seniors, there will be a literacy school from 2-3:30 p.m. This enables the seniors to brush up on their schooling.

Holidays for the month will be Election Day and two days Thanksgiving and the center is closed on these days. For more information call Sue Johnson at 283-7356.

1988

LOOKING FOR TRICKS, OR TREATS? — Halloween isn't just a time for young children to have fun dressing up and dash around with their trick-or-treat bags — some of the older folks like to dress up for the holiday, too. This group of characters was found roaming the streets of New Albany outside the Senior Center of the Council for Older Americans on East 5th Street this morning. Dressed in their Halloween finest for a party at the center were, from left, Mary Cornelia Devore, Martha Stepp, Girlie Devore, Margaret Gillespie, Mildred Lynch, Martha Cadle, and Bertha Dietrich.

(Tribune Photo by Don Beck)

10/31/88

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9/30/88 Tribune

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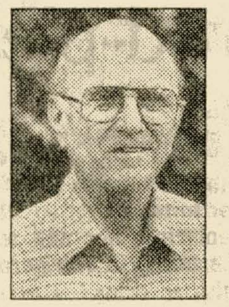

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"If I could afford it, I'd have them out to my house all the time," she said. "If they're hungry, I want to feed them. If you had no home, I'd take you in. I love to do for people. I'm a Christian."

■ **Robert Craig Sr.** of New Albany will be pitted against 15 other Indiana regional senior citizens of the year later this month for the Indiana title. Though he's flattered by the attention, he's convinced it's misplaced.

"I work behind the scenes," he said. The people on the firing line should be given the credit, people like the Hospice volunteers who actually go out and work with the dying, he said..

"People like myself on boards just keep things going."

Aiding others by keeping things going is the story of Craig's life. He is one of the founders of Hospice of Indiana and is a former member of the board of Hospice of Louisville and Southern Indiana. He also devotes much of his time to the Interfaith Community Council, of which he is a board member and past president. The council addresses community needs with such programs as the food pantry, adopt-a-child program and the deaf-relay system, through which deaf persons are linked by teletype with council offices.

Craig is also an elder at Central Christian Church and past chairman of its board and has taught Sunday School there for 40 years. For a decade he has been co-chairman of the annual Community Prayer Breakfast. He is a member of the Kentucky Interfaith Community and is vice chairman of the Floyd County Historical Society. He has served as chairman of the Rotary Club and was an adviser to the Junior Achievement program.

He has been active in the University of Louisville Alumni Association, worked with panels reviewing the records of students applying for master's degrees and taught plant layout and supervisory training at U of L's Speed Scientific School for 10 years.

"I grew up in a family that believed if you were even in modest circumstances, you had an obligation to help those less fortunate," he said.

Craig has lived his entire 76 years in New Albany, except for service in Washington, D.C., with the Office of Strategic Services during World War II. He designed devices like inexpensive pistols for agents and resistance fighters in occupied Europe.

After graduation from Speed as an electrical engineer in the early 1930s, he worked briefly with Standard Milk Machine Co., then in 1937 moved to Porcelain Metals Co., where he worked until his retirement in 1977.

He and his wife, Betty, have three children and six grandchildren.

■ Oh, yes — the male Senior Citizen of the Year for Jefferson County. It's **Al Allen,** 65, retired Courier-Journal editor and writer, and author of this column.

It was an unexpected honor. But I agree with Craig's reaction:

"I feel a little guilty getting an award like this for doing things I love to do."

"Prime Time" appears Wednesdays in the Features section. The first Wednesday of every month Al Allen answers questions of interest to older people and their families. Address your questions to "Prime Time," Features, The Courier-Journal, 525 W. Broadway, Louisville, Ky. 40202.

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⑭ 9 **Airwolf** The Soviets agree to allow the Airwolf team to help prevent the spreading radioactivity which could result in a meltdown of their multiple reactors. (Part 2 of 2)
⑮ 33 **You Can't do That on Television** A lighthearted look at family life.
㉔ 15 **Movie** "Spies Like Us" (1985) Dan Aykroyd, Chevy Chase.
㉚ 14 **Movie** "Tex" (1982) Matt Dillon, Jim Metzler.
7:05 ㉗ 26 **Andy Griffith** Through a series of coincidences, Barney captures a dangerous criminal -- twice.
7:30 ⓫ ⑦ 8 **Entertainment Tonight** Joan Collins discusses her new line of lingerie; Dean Martin in Las Vegas. (In Stereo)
41 ⑩ 20 **Cheers** An ex-convict falls in love with Diane.
④ 27 **Barney Miller** Dismayed at the thought of being on restricted duty, an ailing Fish finds a friend and partner in a newly assigned detective.
㉖ 16 **Dinosaurs, Dinosaurs, Dinosaurs** Host Gary Owens talks with scientists about the history and myths surrounding dinosaurs, with clips from the first dinosaur movie, "The Lost World," as well as animated clips from "Fantasia" and "Gertie".
7:35 ㉗ 26 **Sanford and Son** Julio's sister and nephew stay at the Sanfords temporarily.
8:00 ❸ ⑤ 7 **Cosby Show** After Theo gets into trouble with the law, Cliff and Clair take out their

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is Senior Center

reading.

One trip will take place in November and the group will travel to Jefferson Mall Monday, Nov. 16, leaving the center at 9:45 a.m. and return at 1:30 p.m.

A Thanksgiving dinner will be cooked by the ladies of the center for everyone on Wednesday, Nov. 25. Cost for the dinner is $2.

Each Monday, for all seniors, there will be a literacy school from 2-3:30 p.m. This enables the seniors to brush up on their schooling.

Holidays for the month will be Election Day and two days Thanksgiving and the center is closed on these days. For more information call Sue Johnson at 283-7356.

1988

LOOKING FOR TRICKS, OR TREATS? — Halloween isn't just a time for young children to have fun dressing up and dash around with their trick-or-treat bags — some of the older folks like to dress up for the holiday, too. This group of characters was found roaming the streets of New Albany outside the Senior Center of the Council for Older Americans on East 5th Street this morning. Dressed in their Halloween finest for a party at the center were, from left, Mary Cornelia Devore, Martha Stepp, Girlie Devore, Margaret Gillespie, Mildred Lynch, Martha Cadle, and Bertha Dietrich.

(Tribune Photo by Don Beck)

10/31/88

Page 4 THE BANNER-GAZETTE, Wednesday, October 26, 1988

Consumer Rip-Offs Info. Scheduled for Presentation

The South Central Indiana Council for the Aging & Aged Inc. will hold its annual Area Hearing on Nov. 2 at Trinity United Methodist Church, located at 2796 Charlestown Road.

The registration will begin at 9:30 a.m. and the program will start at 10 a.m. Scheduled speakers will include Mike Schuh, WLKY Troubleshooter (32 On Your Side), giving a presentation on "Consumer Rip-Offs" pertaining to senior citizens. John Wall, with the New Albany Fire Prevention Bureau, will speak on "Fire Safety" for the upcoming heating season.

The Agency Area Hearing will begin at 1 p.m. This part of the program will feature 1989 agency budgets, goals and objectives, and nutrition program information. Time will be allowed for audience participation in the form of a question and answer period.

All interested persons are invited to attend by calling 948-8330 for reservations.

Staff photo by Ron Dick

A CELEBRATION was held at the Clarksville Healthcare Center in observance of the birthdays of Lydia Mann, left, 100, and Mary Leslie, 101 years old. Both ladies received certificates and became members of the Century Club sponsored by the Council for the Aging and Aged. Pictured from left, standing are Minnie Briggs, daughter of Mrs. Mann, Frances Hunter Able, a representative from the South Central Indiana Council for the Aging and Aged, Inc. and Joyce Sermon, niece of Mrs. Leslie.

E. News 12/15/88

The Tribune,
New Albany, Ind.,
Friday, November 4, 1988

ELDERLY SEMINAR — New Albany residents Joyce Johnson, left, and Melvin Sipes, second from right, shake hands with Mike Schuh, WLKY-TV Troubleshooter, and Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged, Inc. Schuh was a keynote speaker, along with Major John Wall of the New Albany Fire Prevention Bureau, at the Council's annual seminar and public hearing.

(Tribune photo by Kathy Dougherty)

Ken Ellis Center begins new year of activities

The Ken Ellis Senior Citizens Center, sponsored by The South Central Indiana Council for the Aged and Aging, City of Jeffersonville Parks and Recreation and The United Way hope to start the new year out with new ideas, activities and crafts.

Now is the time to sign up to go to our annual Shrine Circus trip in February at the Kentucky Fairgrounds. Tickets for the circus are free and there is a $2 charge for transportation. Reservations are necessary, as tickets are limited.

During the month, they will be making many crafts and piecing a quilt for the center. Seniorcise is every Tuesday and Thursday, with spiritual time on Mondays. It's not too late to brush up on schooling with Nathan Wolf at literacy school on Monday from 2-3:30 p.m. Schooling is free.

Tuesday, Jan. 10, we will be at Claysburg Towers for craft and bingo. Our monthly dinner will be Thursday, Jan. 19, with a tribute to Martin Luther King and a theme of a foreign country. Also, we will be having a white elephant auction. Tuesday, Jan. 24, consumer pharmacy will be at the center to give a simple test, using an oximeter to determine the amount of oxygen in your blood. There is absolutely no pain and no charge.

If you are a senior 60 or older, come and enjoy the many activities at our center, at 211 Martin Circle. Transportation number 948-9701 or call Sue Johnson at 283-7356.

E. News 12/27/88

Ken Ellis Seniors Set Holiday Party And Cookie Exchange

The Ken Ellis Senior Citizens Center is having a Christmas party Thursday that will feature a Polynesian theme. Entertainment will include Hawaiian dancers, a play and games. Those attending should bring a covered dish for the luncheon at 12:30 p.m.

A homemade cookie exchange scheduled at 10 a.m. Dec. 19 is a new seasonal project. Seniors who bring 60 cookies will be able to participate in the exchange.

The seniors have dressed dolls that will be distributed by the Salvation Army to needy children at Christmas. They also participated in the Angel Tree project.

Other activities this month include literacy school, bingo, free blood pressure checks, Christmas crafts, spiritual time, and an exercise class.

The center at 211 Martin Circle in Jeffersonville will be closed Dec. 23 and 26 and Jan. 2 for Christmas and New Year's.

Programs at the center are for persons 60 and older. For more information, call Sue Johnson at 283-7356.

Tribune 12/12/88

12/28/88 Corydon Democrat

VNA to begin offering respite care to elderly

Respite care for older residents of Harrison County will be provided beginning Jan. 1, 1989 by the Visiting Nurse Association of the county. Respite care offers temporary help to the caregivers of older persons who are unable to care for themselves. It may also be provided for an older person who is the primary caregiver of another family member.

Services are provided to relieve the unpaid caregiver, allowing him or her to be absent from the home for leisure activities, personal business or shopping.

There is no charge for this service, which is funded through the Older Americans Act, Social Services Block Grant and local monies.

Respite workers are trained paraprofessionals who can assist with personal care, light housekeeping and meal preparation. Social, recreational and educational activities may also be included.

For more information call VNA at 738-1577 or 1-800-356-4588. Referrals can be made directly to the South Central Indiana Council for the Aging at 812-948-9423. The Council will provide case management activities for the Respite Care Program.

Christmas party to be held at Ken Ellis Center

A Christmas party at the Ken Ellis Senior Citizen Center will be Thursday, Dec. 15, and we hope all seniors will come to our Polynesian party. Entertainment by Lorri Sears and her senior Hawaiian dancers, a play by Edna Hightower and Hazel Reiger, games and the Salvation Army will be there at 12:30 p.m. to give out certificates to all who decorated the 100 dolls the seniors dressed for the children.

Activities for the month of December will be: the grandparent's reading day, viewing over the nice magazines Dr. Black has bought the center each month; blood pressure will be Monday, Dec. 5 and 15; Christmas projects; literacy school, bingo, pokeno, and a homemade cookie exchange will be one of the new projects for the season. Cookie exchange, each senior will bring to the center 60 cookies and they will be exchanged for other cookies made by the senior friends.

We will have activities at Claysburg Towers Dec. 13 and 14. Due to other parties at the center. Reservations for meals at Claysburg must be made a day in advance. For the holidays, the center is closed Dec. 23, 26 and Jan. 2, 1989.

The last big trip of the year for the seniors will be to Nashville, Tenn., for a country Christmas at the Opryland Hotel. They will also attend the show Crook and Chase, Upper Room, tour of the county music singers homes and Rivergate Mall Monday and Tuesday, Dec. 5 and 6.

The center, at 211 Martin Circle, is sponsored by the South Central Indiana Council for the Aged and Aging, Jeffersonville Parks and Recreation and Clark County United Way for persons 60 or older. For more information, call Sue Johnson at 283-7356.

E. News 12/2/88

The Tribune,
New Albany, Ind.,
Wednesday, January 4, 1989

Ken Ellis Seniors Will Go To Shrine Circus

The Ken Ellis Senior Citizens Center, sponsored by the South Central Indiana Council for the Aged and Aging, the Jeffersonville Parks and Recreation Department, and the United Way, hopes to start the New Year with new ideas, activities and crafts.

Now is the time to sign up to go on the annual Shrine Circus trip in February at the Kentucky Fairgrounds. Tickets for the circus are free but there is a $2 charge for transportation. Reservations are necessary as tickets are limited.

During January, the seniors will be making many crafts and piecing a quilt for the center. Seniorcise is every Tuesday and Thursday with spiritual time on Mondays. It's not too late to brush up on schooling with Nathan Wolf at the free Literacy School on Monday from 2-2:30 p.m.

On Tuesday at Claysburg Towers there will be crafts and bingo. The monthly dinner will be Jan. 19 with a tribute to Martin Luther King and a theme of a foreign country. Also, there will be a white elephant auction.

On Jan. 24 representatives from Consumer Pharmacy will be at the center to give a simple test, using an oximeter to determine the amount of oxygen in your blood. There is no pain and no charge.

If you're a senior 60 or older come and enjoy the many activities at the center at 211 Martin Circle. For transportation, call 948-9701.

~~Courier Journal~~ 1/3/89

INDIANA DIGEST

COMPILED BY ED SCHUELER

The South Central Indiana Council for the Aging & Aged Inc. will begin taking applications tomorrow for the **Helping Hand program.**

The program — sponsored by Public Service Indiana and local chapters of the American Association of Retired Persons with the assistance of the Pilot Club of New Albany — offers up to $30 per month to the disabled and to low-income people 60 and over who live in Floyd, Clark, Harrison and Scott counties. The money is to be used for paying electric bills.

Applicants must meet specific income and other guidelines. Applications will be accepted at the council office, 134 E. Main St., New Albany, between 10 a.m. and 2 p.m. on Mondays, Wednesdays and Fridays during February, March and April. Applicants must bring their unpaid electric bills and proof of income when applying each month.

For more information, call 948-8330.

B-Gazette

Income Tax Assistance Offered

1/25/89

Free income tax assistance will again this year be available for low-income and elderly Indiana residents.

Under the direction of Donald C. Felton, instructor and coordinator, volunteers have been trained through a program sponsored by the Internal Revenue Service and implemented by the American Association of Retired Persons. The service includes help with both state and federal returns.

Volunteers can alert taxpayers to special credits and deductions like capital gains, sale of residence, child care and credit for the elderly.

Those who come to the sites for help are asked to bring this year's tax package, wage and earnings statements, interest statements, a copy of last year's tax return (if available), and other relevant information concerning income and expenses.

Volunteers will be on duty until mid-April according to the schedule outlined below:

New Albany-Floyd County Public Library, 180 W. Spring St., New Albany, Monday, 1 to 5 p.m.; Wednesday, 9 a.m. to noon; Thursday, 6 to 8 p.m. and Saturday, 9 a.m. to noon.

Jeffersonville Township Public Library, 211 E. Court St., Jeffersonville, Tuesday, 9:30 a.m. to 3:30 p.m. and 6 to 8 p.m.; Thursday, 9:30 a.m. to 3:30 p.m. and Saturday 9:30 a.m. to 12:30 p.m.

Jeffersonville Greentree Mall Branch Library, 719 E. S.R. 131, Clarksville, Monday, Wednesday and Friday, 1 to 4:30 p.m. (Program begins Jan. 25).

Harrison County Office Building, 124 S. Mulberry St., Corydon, Friday and Saturday, 9:30 a.m. to noon. (Program begins Jan. 27).

Monthly Birthday

Meals On Wheels

The South Central Indiana Council for the Aging and Aged, Inc., 134 E. Main St., New Albany, has a new food center for its Meals on Wheels program.

It is at the Riverview Towers in New Albany and has 12 new home deliveries. Meals on Wheels now delivers 132 dinners to shut-ins in Floyd County.

Tribune 1/18/89

Meals Need Wheels, Drivers

By BEVERLY TULLY

The South Central Indiana Council for the Aging and Aged, Inc., 134 E. Main St., New Albany, is in need for volunteers for its Meals on Wheels program.

The program was begun in 1973 by the agency, only one of 16 area agencies that serve Indiana. The counties served by the South Central Indiana Council include Floyd, Clark, Harrison and Scott.

The program was prepared to meet the needs of the elderly by providing in-home supportive services. One of these services is the home delivery of meals to the homebound elderly.

Nutrition Director Nancy Shriner said, "There is a significant increase for home meal deliveries. People are living longer and don't necessarily have to go to nursing homes but need help in the home. Delivering them their meals is one way which we can help."

The food is catered to Riverview Towers in New Albany by the Kentuckiana Food Service in Louisville and then picked up by volunteers and delivered to homes. As of now there are 12 home deliveries and these are all in New Albany. There are people on a waiting list now for food deliveries.

The first business to volunteer time was Medi-Call Home Health Services of Floyd Memorial Hospital. Besides delivering food to the homebound they also offer other services, such as bathing, and medical care if needed. Lisa Steele is the director of the department at the hospital.

Shriner said, "Volunteers are needed to deliver the food from the center. All a person would have to do is donate an hour and a half of their time once a month." She added, "the hospital is the first business to get involved with the program. We have two area churches that are involved. Funding for the program has remained virtually the same." She added, "we welcome help from individuals and businesses."

According to Shriner, donations are encouraged for the meals on wheels, but she said, "no one is denied food if they can't afford a donation."

Those who would like to help deliver food to the homebound can call Nancy Shriner at 948-8330.

MAKING A DELIVERY — Ann Hornback, with Medi-Call Home Health Services of Floyd Memorial Hospital, the first business to donate time to the South Central Indiana Council for the Aging and Aged, Inc., Meals on Wheels program, is delivering food to the 12 people being served in New Albany. The Meals on Wheels program was started in 1973 and is in need of volunteers to make deliveries.

(Tribune Photo by Beverly Tully)

1/12/89

Ken Ellis senior citizens plan activities for months ahead

Ken Ellis senior citizens will be taking several day trips in the next coming months. Ken Ellis seniors are sponsored by The South Central Indiana Council for the Aged and Aging, City of Jeffersonville Parks and Recreation, and The United Way.

Ken Ellis seniors will be reviewing their Christmas party on a VCR Tuesday, Jan. 24, from 10 a.m.-2 p.m. Also, Steve Ahrens, from Consummer Pharmacy, will be at the center at noon testing how much oxygen is in your blood. The test is simple and free.

Seniors will be taking several day trips, starting the new year with the Louisville Flea Market, Friday, Jan. 27, from 11 a.m.-4:15 p.m. Wednesday, Feb. 8, the Ken Ellis Seniors Singers will be singing at Hillcrest Nursing Home at 10:30 a.m. They will give the lap robes they made for their seniors and perform a Valentine skit. They will also attend the annual Shrine Circus at the Kentucky Fairgrounds. Tickets are free, but transportation is $2.

Doctors wives of Clark County will be giving the seniors a Valentine party on Monday, Feb. 13.

A new tour for the seniors, Feb. 27, will be to Public Service at the Robert A. Gallagher Plant. They will take a tour, seeing how electric is made and then go to the South Side to eat dinner. Sign up now by calling Sue Johnson at 283-7356.

Thursday, Jan. 19, is the monthly dinner, starting at 10 a.m., with a white elephant sale of crafts. Darlene Briscoe, from Washington County Hospital, will speak on depression. Nathan Wolf, from New Albany School System, will bring an exchange student, Helmut Hagleitner from Austria, to show pictures and talk to the seniors. Joe Hook and William Scott will speak to the group on pre-need funeral arrangements and the day will close with a Martin Luther King tribute with William Summers, formerly with WLOU Radio. Bring a dish and come enjoy.

E. News 1/14/89

FEMA provides emergency funds for county agencies

1/25/89 Cory Dem

Harrison County will receive $7,665.54 in federal funds to supplement emergency food and shelter in the County.

Agencies interested in receiving funds must attend a meeting Feb. 9 at 11 a.m. at the Community Services Office, 308 W. Walnut St. (formerly Eckart Supply Bldg.) in Corydon.

The funds may be spent on an emergency basis for food, mass shelter, other shelter and utility assistance.

The amount given to the county was decided upon by a national board composed of volunteer organizations and chaired by the Federal Emergency Management Agency (FEMA).

The Regional FEMA board will determine how the funds will be distributed among qualifying emergency food and shelter programs. Hoosier Valley Economic Opportunity Corporation (HVEOC) has been selected by the Indiana State FEMA Set-Aside Committee to administer the program here.

Agencies wishing to apply as service providers must be non-profit, have an accounting system and conduct an annual audit, practice non-discrimination, have demonstrated the capability to deliver emergency food and shelter programs and, if they are a private voluntary organization, have a voluntary board.

Qualifying organizations are urged to apply. For more information, call Geneva Sams, 738-8143.

Members of the Regional FEMA board are William Shrewsberry, chairman, J. Patrick Byrne, Barbara Williams, Robert Mitchell, Norwood Miller, Ralph Guthrie, Jack Leuthart, William Wolpert, Barbara Bridgwater, Pat Jewel, Ron Franklin, Bob McIntosh, Andrew Williams, A.C. Johnson, Mark Turner, Larry Byrd, F. Wayne Brown.

Police Program Will Ask Clarksville Elderly 'R.U.O.K.?'

By MARC S. BOTTS

Clarksville police were set today to unveil a new program which would allow them to call elderly, disabled or shut-in people and ask them a simple yet vital question — "Are you OK?"

The computerized calling system, phonetically dubbed R.U.O.K., was to be installed, tested and implemented today, making Clarksville one of only a handfull of communities in the country with the program.

Offered as a free service to participants who register, the system was installed by Northland Innovations of St. Paul, Minn., at a cost of $6,999, which was funded by the South Central Indiana Council for the Aging & Aged and the Mary & Barry Bingham Sr. Fund.

Clarksville Police Chief Gary Hall, who spearheaded the program, said it would allow his department to provide a service to a segment of the community which is often overlooked.

While the department is active in community issues, he said, it has been limited in the past as to what it could provide to the elderly and disabled because of manpower and other constraints.

"There is no practical way we can check on these people who need individual attention so they can live independently," he said, "and there are a lot of them who want to live independently.

"As far as doing something everyday, we've left out one class cf people and a valuable class of people. I think this is going to be one of the best things we offer."

Once implemented, the system will call people who register for the program on a daily basis and a computer will ask them, "Are you OK?" If the party does not answer, or if there is a busy signal or if they answer and do not hang up, the computer will redial the number in 15 minutes.

If the second call meets with the same results, the computer signals an alert and a police officer will be dispatched. Participation requires people to provide police with keys to their residences, whick will be kept in a key safe and signed out by the officer when used.

A-1 Lock & Key of Clarksville is providing duplicate keys for those who register for the program free of charge.

The system is also designed to store other important data on the participants, such as special medical problems, types of medication being taken, whether the person has any allergies and names of physicians and who to notify in case of an emergency.

Hall said he knew from the beginning, three months ago, that the project was a worthwhile one, but said he was somewhat surprised that the funding was so easily obtained.

The Council for the Aging and the Bingham Fund were the first two agencies he said he contacted about the project. Hall said the two, which kicked in $1,999 and $5,000, respectively, were extremely receptive from the beginning.

John Richards, executive director of the Bingham Fund, said a number of aspects about the program made it appealing to his agency, not the least of which was the service it would provide to the elderly.

"He (Hall) needed a hand and it was particularly appealing to us in that area," Richards said. "The segment it serves, they need that help and I think you need the dedication of a guy like Gary to make sure it's going to work."

The relatively modest amount and the fact it was a one-time request also appealed to administrators of the fund, which was established in 1986 following the sale of the Bingham publishing empire and has contributed more than $42 million to the community since then.

Pat Jewell, executive director of the Council for the Aging, said the program would provide an added safety net for the elderly and homebound, segments which are becoming increasing larger because more people are opting for treatment at home as opposed to prolonged stays in hospitals and nursing homes.

When her agency was initially contacted about the program, she said, an impromptu needs-assessment survey was conducted which indicated that at least 60 people in the area would be willing to participate in the program, giving them reason to believe that considerably more would participate as the program became more widely known.

She said the project will complement existing telephone reassurance programs which rely more heavily on the human element to check on friends, relatives and neighbors. "I think it can handle larger numbers of people," she said.

"I think it is just another resource in the community to insure the well-being of the elderly who are homebound," she said.

The council's board of directors will watch the progress of the program, she said, and is interested in encouraging other police agencies in its four-county area to adopt similar programs.

Hall said once the system is installed, the maintanence costs are minimal with the only regular outlay of money being a dedicated phone line, which he said should run between $50 and $60 per month, which will be paid by the town.

Hall said applications for participation will be accepted beginning at 9 a.m., Tuesday.

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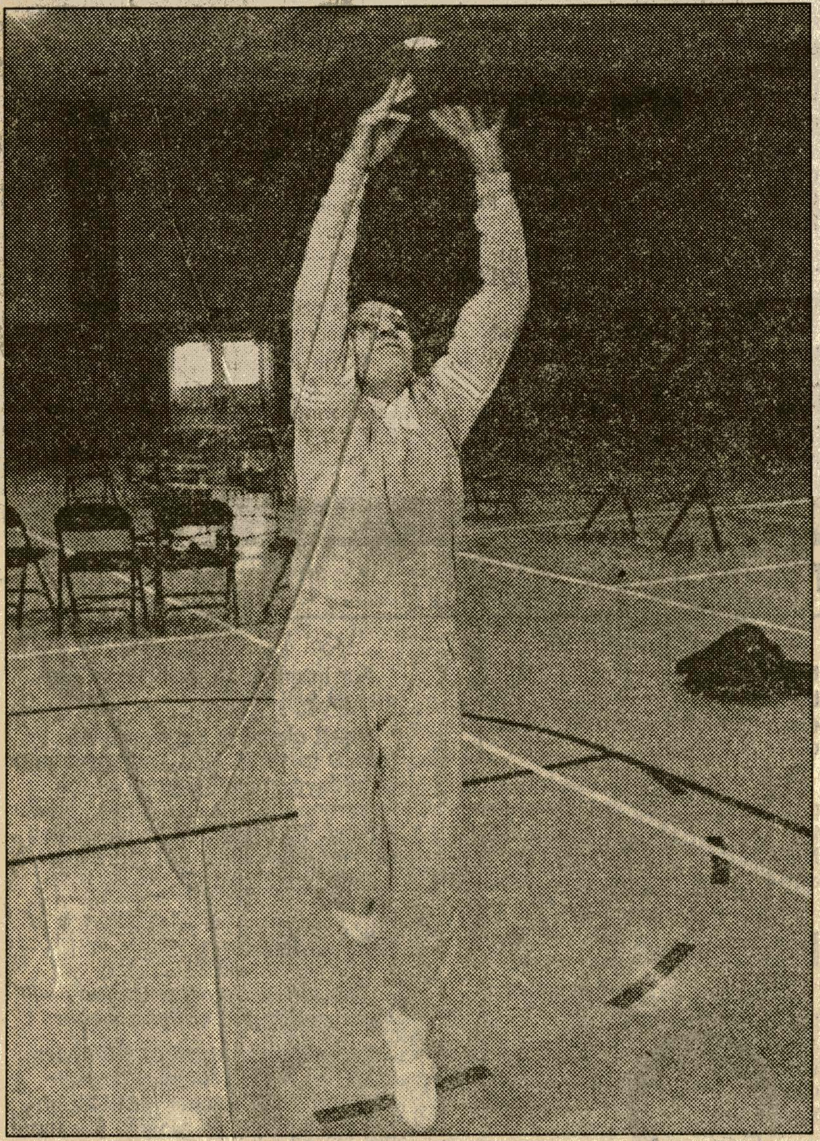
Senior ball players not hiding light under basket



Photos by Bud Kraft

At a recent seniors' practice session, Darlene Evans, at left, put up a jumper. At right, Hattie Johnson tossed a ball toward a grocery cart.

By SHIRLEY WILLIAMS
Indiana Weekly Staff Writer

Earlier this year the New Albany Parks and Recreation Department arranged for a group of senior citizens to play basketball every week or so at the Griffin Street Activities Building.

Never mind that they shoot the ball any old way and are apt to call it pitching instead of shooting. It's good fun and exercise, and when they played competitively recently, *both* teams scored more than 200 points — more than the scoreboard could register.

Of course, it wasn't exactly regulation basketball. But this isn't exactly a regulation team. The age range is 57-90.

The players are picked up at home and brought to the center by a parks department bus, except for five who come by van from a group home for the mentally handicapped, said recreation director Kathy Wilkerson. Forty seniors — all but four are women — are involved, but the group usually numbers between 25 and 30, because illnesses, doctor's appointments and the like cause some to be absent each time.

For their first practice session recently, folding chairs were set up in a ring around two grocery carts in the middle of the gymnasium. The players sat down and took turns tossing lightweight balls at the carts to get the feel of handling and shooting the ball.

"For some — other than bowling — this is about their only exercise," Wilkerson said. Sometimes she has the group walk around the gym floor to warm up. "We are not going to overdo this today," she told them.

"I never have played basketball," one woman remarked.

"I played in 1936," another said. "That's the year I got married."

"We don't want you to tire yourself out," Wilkerson cautioned. "We don't want anyone having a muscle strain."

She told Grace Yates, 83, that "the ball you have doesn't bounce much, so you get another try. Scoot your chair back just a little bit. This time we're not going to rebound for you. If you miss it somebody has to throw it back to you. Oh-oh, dead ball! Wait a minute, I'll get it," Wilkerson said.

"Play it like you mean it, that's the way to do it," Wilkerson told 80-year-old Eva Wood. "Throw it hard, hard! Make it come down hard. Don't say you can't."

"It's a hard job," said Blanche Russell, 88. "Let somebody else do it." Then she stood up and threw her ball into one of the carts.

"Mrs. N., I know you can do it," Wilkerson said to 90-year-old Ethel Nicholson. "Go on and try. Make another slam dunk!"

Soon Wilkerson had them on their feet. "Practice passing," she said. "No dribbling today. Just get used to the feel of the ball. Toss it up in the air. Get used to catching the ball.

"Did anybody's arm hurt? G-o-o-d! Now I want anyone who feels like it to walk over here to the big basket."

The big basket is a portable basketball goal that has been set up for the group's use. At just 6 feet, it's 4 feet lower than the regulation goals at the gym.

Some of the women took off their shoes before they ventured out to shoot at the basket, but they kept their hats on.

"Take your time, take your time," Wilkerson cautioned. "Slow down and get it right in the middle of the basket! This is fun! The more hollering you do the more points we get. That's what we want. We're going to turn that scoreboard on next week! We're going to line up two or three teams for you-all."

Wilkerson told them a seniors' team in Louisville was interested in a match with the New Albany group. Then Betty Keith, 57, made three baskets in a row. "I'm going to call them and tell them you're ready to play *now!*" Wilkerson said.

The Louisville team backed out. However, Wilkerson soon located a team at the Ken Ellis Center in Jeffersonville willing to challenge her Griffin Street team; and three weeks later the two teams had their first game.

Folding chairs and portable bleachers were set up in a horseshoe formation with the low basketball goal at the open end; two grocery carts were set up in the center for the first part of the game. (Remember, this isn't regulation basketball.)

Wilkerson suggested that anyone who didn't feel up to playing could help lead cheers with a batch of red, white, blue, orange and yellow pompons that were on hand. "The reason you have the pompons is we want you to holler — we want you to get crazy! You're the home team on the scoreboard," she said.

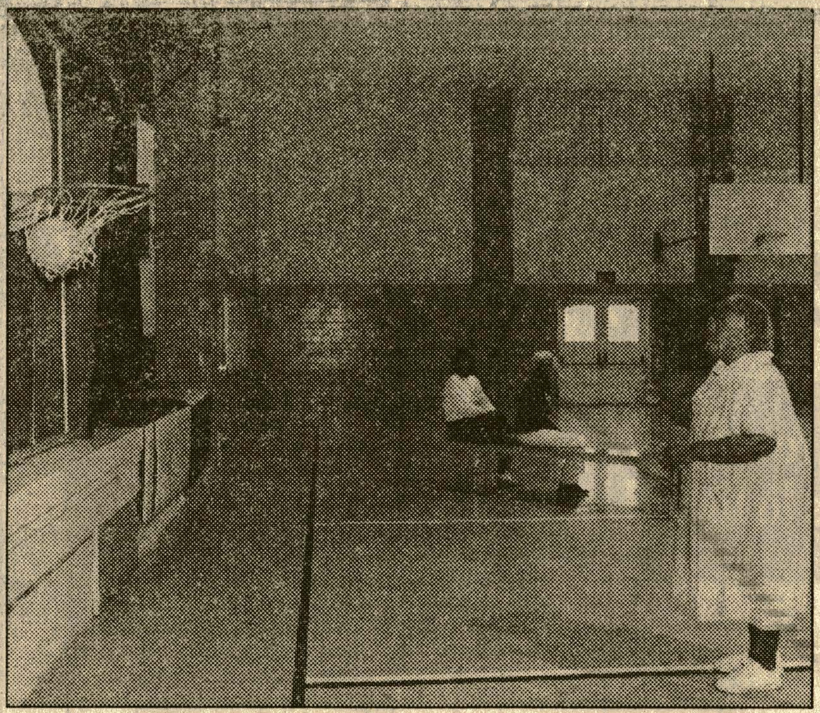
When the Ken Ellis people arrived there was a lot of hugging and handshaking among friends who would soon oppose each other in the game: "Hi baby, how you doing?" "Fiona, we need you, you're on the wrong team!" "How're you doing? You're awful dressed up today."

"We want to welcome all our friends from Ken Ellis," Wilkerson said. "All right, let the games begin! You-all are TOO GOOD!"

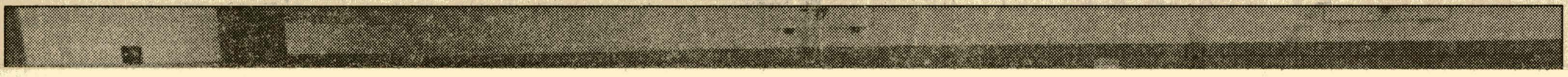
She assigned the home team seven yellow balls, the visitors seven orange ones. They began by shooting for the grocery carts, earning two points for every ball that stayed in the cart, three points for balls that stayed in the child's seat on the cart.

Recreation director Kathy Wilkerson, at right, helped Mardell Wakeland polish her shooting skills.

At the game between the Griffin Street group and the Ken Ellis group, below, players tossed balls at carts.



All the practice paid off when the shots started falling. Eva Wood is shown watching the ball as it sails cleanly through the basket.



Elderly, Disabled May Utilize 'Helping Hand'

The South Central Indiana Council for the Aging and Aged, Inc., will begin taking applications for the Helping Hand program Wednesday.

The Helping Hand program, sponsored by Public Service Indiana and the American Association of Retired Persons (AARP), offers financial assistance (up to $30) to low-income elderly and disabled persons in Clark, Floyd, Harrison and Scott counties, to help pay their electric bills.

The program is made possible through the volunteer efforts of the local chapters of the AARP and the Pilot Club of New Albany.

To be eligible, applicants must be residential customers of PSI with responsibility for paying their own electric bills, be 60 years of age or over, or disabled, and be income-eligible: 1 in household with an annual income not over $8,655; 2 in household, $11,595; 3 in household, $14,535; and 4 in household, $17,475.

Applications will be taken Monday, Wednesday and Friday from 10 a.m. to 2 p.m. for the months of February, March and April.

Applicants must bring their unpaid electric bills and proof of income (check stubs, W-2 forms, Safe approval records) when applying each month.

For more information, call 948-8330.

N.A. Tribune 1/30/88

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Senior ball players not hiding light under basket

By SHIRLEY WILLIAMS
Indiana Weekly Staff Writer

Earlier this year the New Albany Parks and Recreation Department arranged for a group of senior citizens to play basketball every week or so at the Griffin Street Activities Building.

Never mind that they shoot the ball any old way and are apt to call it pitching instead of shooting. It's good fun and exercise, and when they played competitively recently, *both* teams scored more than 200 points — more than the scoreboard could register.

Of course, it wasn't exactly regulation basketball. But this isn't exactly a regulation team. The age range is 57-90.

The players are picked up at home and brought to the center by a parks department bus, except for five who come by van from a group home for the mentally handicapped, said recreation director Kathy Wilkerson. Forty seniors — all but four are women — are involved, but the group usually numbers between 25 and 30, because illnesses, doctor's appointments and the like cause some to be absent each time.

For their first practice session recently, folding chairs were set up in a ring around two grocery carts in the middle of the gymnasium. The players sat down and took turns tossing lightweight balls at the carts to get the feel of handling and shooting the ball.

"For some — other than bowling — this is about their only exercise," Wilkerson said. Sometimes she has the group walk around the gym floor to warm up. "We are not going to overdo this today," she told them.

"I never have played basketball," one woman remarked.

"I played in 1936," another said. "That's the year I got married."

"We don't want you to tire yourself out," Wilkerson cautioned. "We don't want anyone having a muscle strain."

She told Grace Yates, 83, that "the ball you have doesn't bounce much, so you get another try. Scoot your chair back just a little bit. This time we're not going to rebound for you. If you miss it somebody has to throw it back to you. Oh-oh, dead ball! Wait a minute, I'll get it," Wilkerson said.

"Play it like you mean it, that's the way to do it," Wilkerson told 80-year-old Eva Wood. "Throw it hard, hard! Make it come down hard. Don't say you can't."

"It's a hard job," said Blanche Russell, 88. "Let somebody else do it." Then she stood up and threw her ball into one of the carts.

"Mrs. N., I know you can do it," Wilkerson said to 90-year-old Ethel Nicholson. "Go on and try. Make another slam dunk!"

Soon Wilkerson had them on their feet. "Practice passing," she said. "No dribbling today. Just get used to the feel of the ball. Toss it up in the air. Get used to catching the ball.

"Did anybody's arm hurt? G-o-o-d! Now I want anyone who feels like it to walk over here to the big basket."

The big basket is a portable basketball goal that has been set up for the group's use. At just 6 feet, it's 4 feet lower than the regulation goals at the gym.

Some of the women took off their shoes before they ventured out to shoot at the basket, but they kept their hats on.

"Take your time, take your time," Wilkerson cautioned. "Slow down and get it right in the middle of the basket! This is fun! The more hollering you do the more points we get. That's what we want. We're going to turn that scoreboard on next week! We're going to line up two or three teams for you-all."

Wilkerson told them a seniors' team in Louisville was interested in a match with the New Albany group. Then Betty Keith, 57, made three baskets in a row. "I'm going to call them and tell them you're ready to play *now!*" Wilkerson said.

The Louisville team backed out. However, Wilkerson soon located a team at the Ken Ellis Center in Jeffersonville willing to challenge her Griffin Street team; and three weeks later the two teams had their first game.

Folding chairs and portable bleachers were set up in a horseshoe formation with the low basketball goal at the open end; two grocery carts were set up in the center for the first part of the game. (Remember, this isn't regulation basketball.)

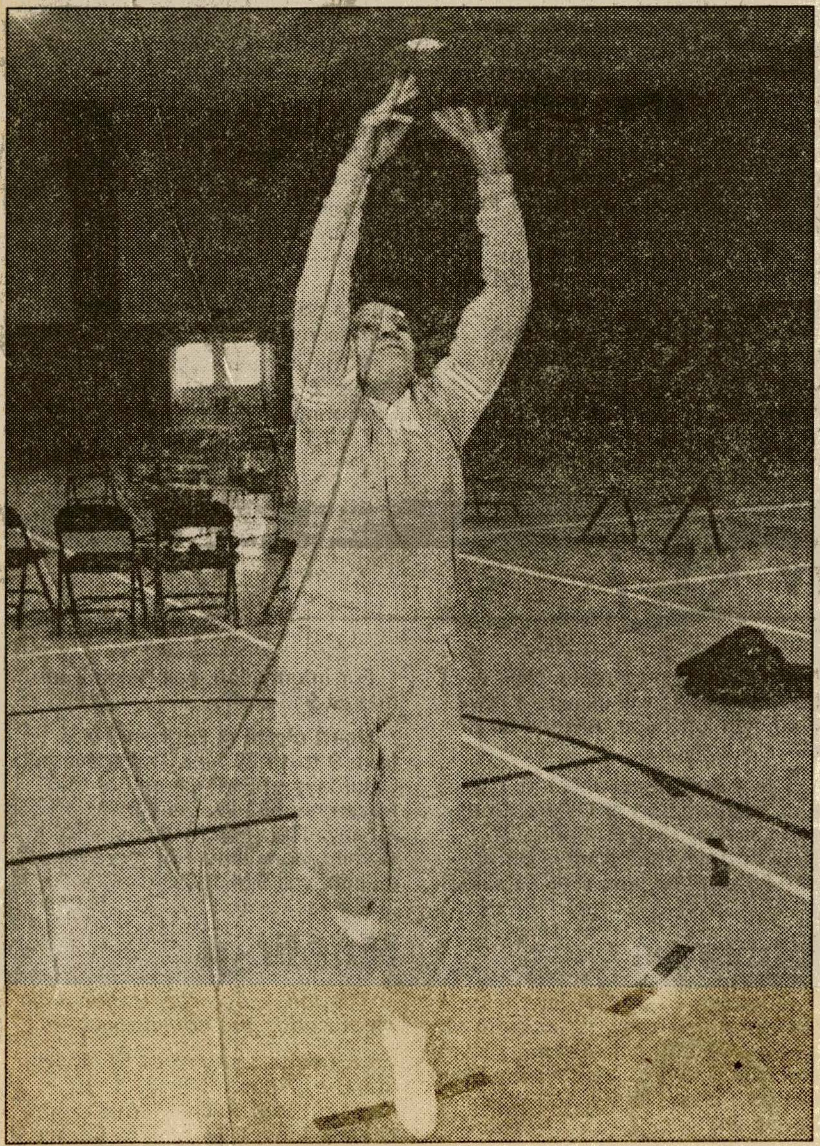
Wilkerson suggested that anyone who didn't feel up to playing could help lead cheers with a batch of red, white, blue, orange and yellow pompons that were on hand. "The reason you have the pompons is we want you to holler — we want you to get crazy! You're the home team on the scoreboard," she said.

When the Ken Ellis people arrived there was a lot of hugging and handshaking among friends who would soon oppose each other in the game: "Hi baby, how you doing?" "Fiona, we need you, you're on the wrong team!" "How're you doing? You're awful dressed up today."

"We want to welcome all our friends from Ken Ellis," Wilkerson said. "All right, let the games begin! You-all are TOO GOOD!"

She assigned the home team seven yellow balls, the visitors seven orange ones. They began by shooting for the grocery carts, earning two points for every ball that stayed in the cart, three points for balls that stayed in the child's seat on the cart.

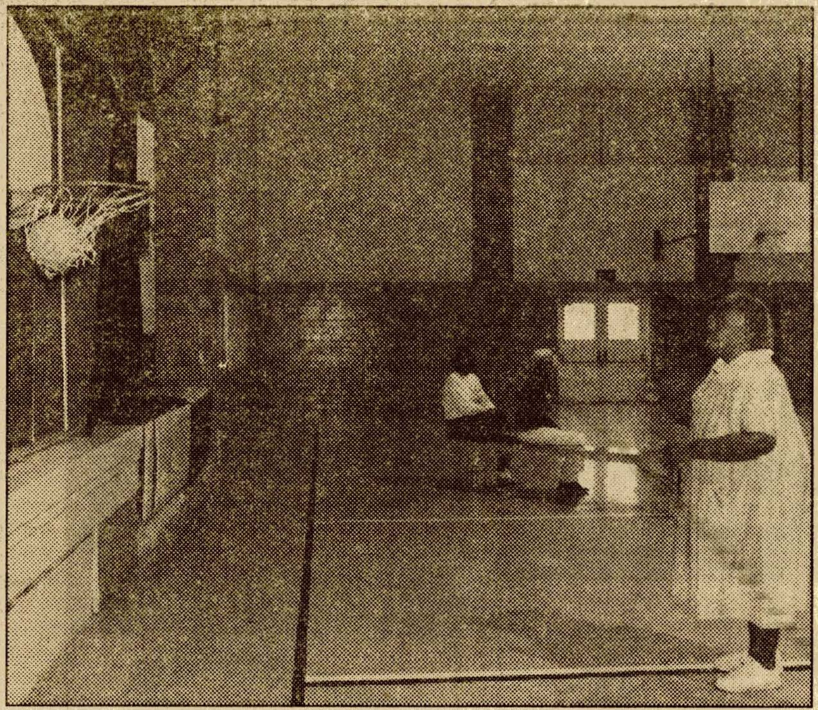
"When you hear the whistle you



Photos by Bud Kraft

At a recent seniors' practice session, Darlene Evans, at left, put up a jumper. At right, Hattie Johnson tossed a ball toward a grocery cart.

Recreation director Kathy Wilkerson, at right, helped Mardell Wakeland polish her shooting skills.



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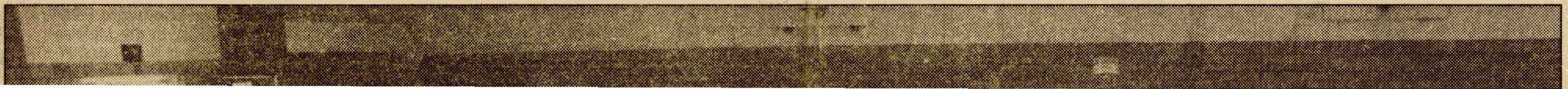


THE EVENING NEWS

THIRTY FIVE CENTS MONDAY, MAY 15, 1989 JEFFERSONVILLE, INDIANA A PARK NEWSPAPER

C-ville police begin sign-up for RUOK

By EUGENE EMBRY
Evening News Staff Writer

Staff photo by Eugene Embry

MICHAEL DeKRUIF, the chief investigator of the Osage (Iowa) Police Department, gave a demonstration of the Clarksville Police Department's new RUOK computer program Friday at police headquarters. The program was DeKruif's idea.

Clarksville residents can begin signing up for the police department's RUOK program tomorrow at 10 a.m., according to Clarksville Police Chief Gary P. Hall.

The RUOK program is provided free to Clarksville residents 60 years old or older or to any other resident who is disabled or shut-in due to illness or injury.

The RUOK computer phones these individuals involved in the program each day and asks them, "Are you OK?" If the person does not answer the call, or if there is a busy signal, or if they answer and do not hang up, the computer will redial the phone number in 15 minutes.

If the same thing accurs, the computer will flash an alert. When this happens, police are dispatched to the residence to check on the individual.

Anyone who applies for the program must allow a duplicate house key to be made which will be kept at the police department. Hall said no one will be allowed to take any of the keys unless they fill out a form stating the reason the key was taken.

Hall said the program would cost $6,999, with $1,999 coming from a grant from the the Southern Indiana Council on the Aging and Aged, Inc. and $5,000 coming from the Bingham Foundation. The keys will be made free-of-charge by A-1 Lock and Key in Clarksville and the telephone service is provided by the Town of Clarksville.

Bruce Johnson, the developer of the program and the founder of Northland Innovations Corp., said that Clarksville's program would be only the fifth that has been implemented nationwide. He added that he was talking to several other cities and towns throughout the country at this time about the service.

Michael DeKruif, chief investigator of the Osage (Iowa) Police Department, is given credit for coming up with the idea although Johnson actually wrote the computer program.

He said he had noticed the need for a program like this during his police work and approached Johnson about writing a program. The result was the RUOK program.

"All the police department has to do is to turn it (system) on in the morning and it does the rest," he said.

Because of the automated program, Hall said he didn't feel that any more staff members would be needed to operate it.

"We think it will take some time to initially set up the computer, but we won't be adding anyone," he said, noting that most of the time early on will be taken programming the names into the computer. After the program is set up, Hall said the only police work needed will be to respond to any alert calls.

"Personally, I can't think of a better way to spend $7,000 in a community," he added.

Hall also said he would be talking to area police officials about the program and what they needed to do to acquire one.

Pat Jewell, executive director of the South Central Indiana Council on the Aging and Aged, said the council was currently doing all it can to inform the area senior citizens through its channels of communication about the program.

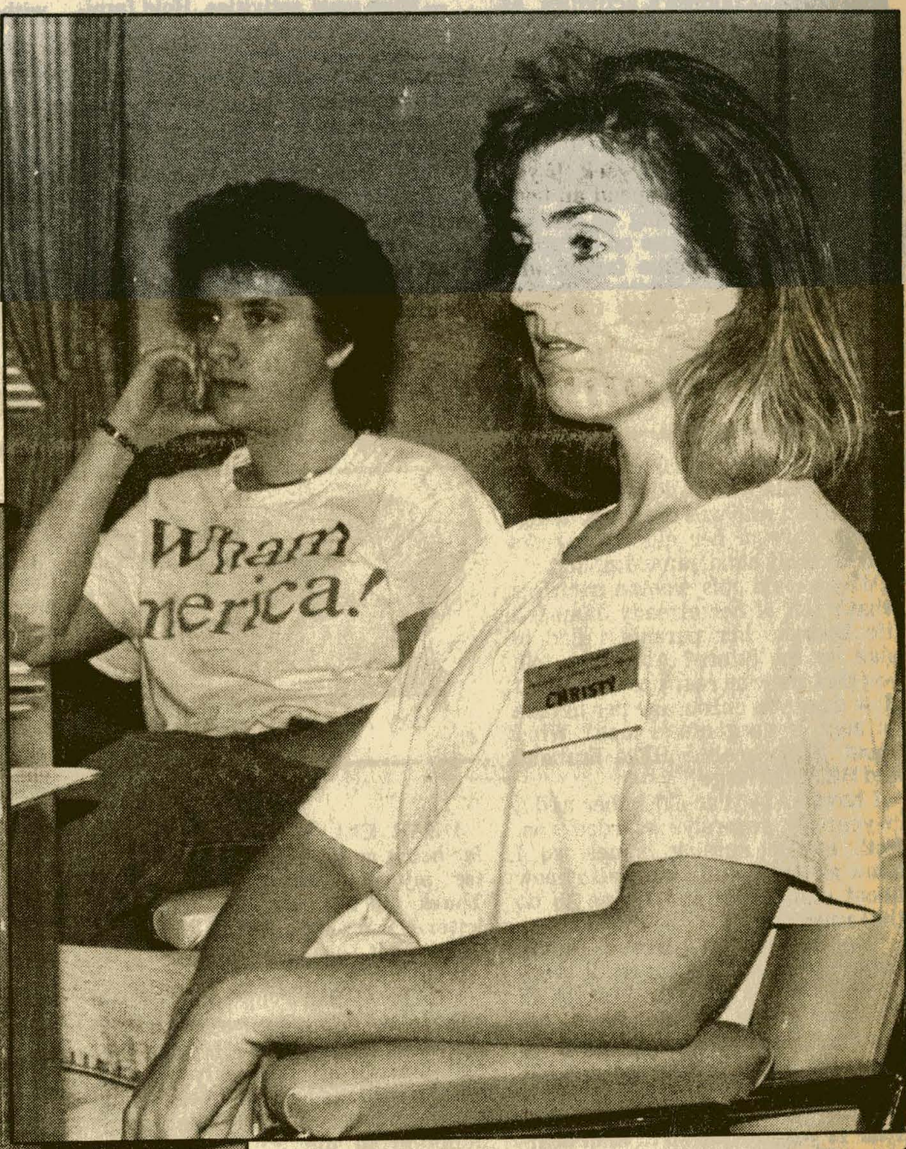
Hall said starting at 10 a.m. Tuesday, there will be someone assigned to take all phone calls relating to the RUOK program at police headquarters at 288-7151. He said that person will answer questions or set up an appointment to fill out an application for participation in the program.

4-9-89
Sunday SpecTRUM.

A Smile Is Their Reward

Area Volunteers Connect With Organizations In Need Of Aid

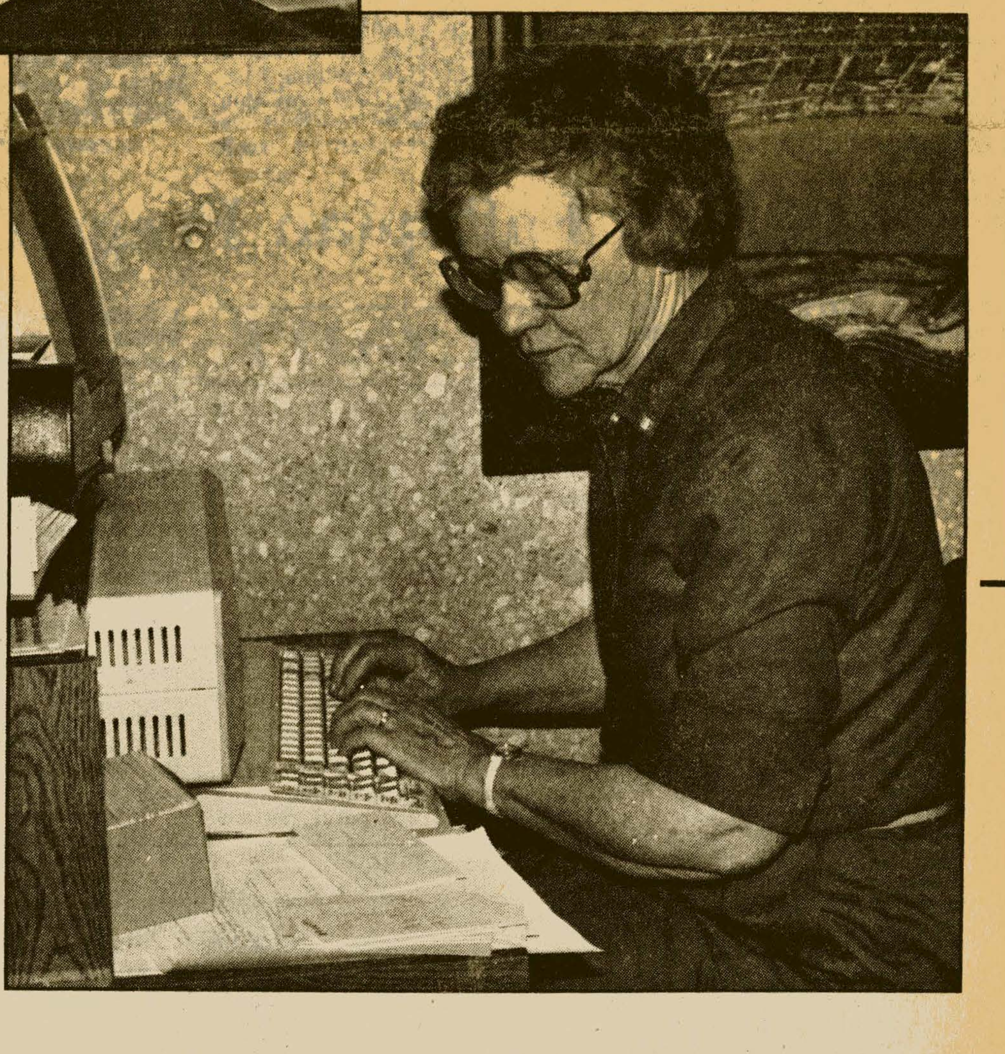
By KATHY DOUGHERTY



LISTENING SESSION — Volunteers Christie Dreyer, left, and Christy Hamric listen during a training session conducted at Silvercrest Children's Development Center. Hamric is a student at the University of Louisville and hopes to obtain a degree in physical therapy. Christie, 14, is a student at Hazelwood Junior High School.

FREE TIME — Ruth Braeutigam, 74, takes care of some cataloging, one of her many tasks as a 12-year volunteer at the Floyd County Museum.

(Tribune Photos by Kathy Dougherty)



COMPUTER FRENZY — Volunteer Ruth Ann Kramer, 69, does some data entry in the Indiana Room of the New Albany-Floyd County Public Library. She has volunteered there for the past five years, after retiring as a full-time staff member.

From teens to senior citizens, they devote their time to filling the needs of various organizations — either large or small. Their duties may entail typing a letter, or holding the hand of a physically-disabled child as he tries to take a step.

They are volunteers — who spend whatever free time they have to help an organization or non-profit agency fulfill its goals. Throughout the Louisville metropolitan area, volunteers have played a significant role in maintaining the status of many organizations.

Today marks the start of National Volunteer Week, April 9-16, to honor those who devote their lives to worthy causes.

A new networking program begun by the Metro United Way in Louisville, is volunteers and their desired responsibilities with particular groups that need their skills.

Volunteer Connection, sponsored by WAVE-TV and 84-WHAS Radio, went into full force in March, and now has over 8,000 volunteers to match with over 200 organizations in Louisville and southern Indiana — including 31 in southern Indiana. Twenty-five of those 31 are located in Floyd County alone, according to Mary Sullivan, director of volunteer programs for the Metro United Way.

There are opportunities for those age 13 and up, said Sullivan.

Each volunteer has a different reason for volunteering, and a certain amount of love concerning the specific area in which he or she has chosen to work. "For many of them, they had kind of thought about volunteering, but they just didn't know who to call. Others have felt very fortunate in life and feel it's their duty to give something back to their community," said Sulllivan.

John McCall, chairman of the Volunteer Connection, said the networking program is "an outgrowth of a long-range plan" developed by the Metro United Way. He said that with the current media blitz promoting the program, more people have expressed an interest in it. He added that over 300 individuals have volunteered to help work in the phone banks set up to take calls from volunteers through the Volunteer Connection.

Follow-ups with volunteers and organizations will be maintained on an on-going basis to ensure complete satisfaction in the program, McCall said. He added that the United Way is not establishing any statistical goals based upon the number of volunteers placed through the Volunteer Connection. "Our goals are long-range," he said. "I'm very pleased with the response that we've gotten."

One agency in New Albany that has utilized the network is Silvercrest Children's Development Center on Old Vincennes Road. Silvercrest relies on volunteers from the young age of 10 on up to work directly with the children that they service, either as a feeder, tutor, nanny, buddy or physical therapy aide.

Young people can play the part of peer role models, according to Julia Taylor, director of residential services supervisor. "I think there's a real valuable role they can play with peer relationships," said Taylor. She added that volunteers bring "additional stimulation" for the physically or mentally disabled residences of Silvercrest that ongoing staff members aren't always able to give. "They develop a special one-on-one kind of relationship."

Last week, four volunteers attended a training session at Silvercrest, three of whom were junior high school students who learned about volunteering through word-of-mouth. The fourth volunteer, Christy Hamric, learned that Silvercrest needed volunteers by phoning the Volunteer Connection.

Hamric, a Louisville resident and student at the University of Louisville, said she believed the Volunteer Connection offers those interested in voluntarism the convenience of selecting specific agencies with duties that would best meet their skills and interests.

"I've called separate agencies and found a lot of dead-ends," commented Hamric. She's a native of Kansas, and moved to Louisville with her husband.

"I'm hoping to get admitted to the Division of Allied Health," she said, adding that volunteering her time at Silvercrest will give her more knowledge and experience in the area of physical therapy, where she plans to concentrate her degree. At Silvercrest, Hamric would most likely work directly with children in helping develop their gross motor, walking, and other motion skills.

While she's looking forward to her duties after her training, Hamric said she is a bit nervous in working with disabled children. "It is intimidating. I have not worked with handicapped children before. That's one thing I love about this is the training they give you," she said.

Once she completes the general training sessions conducted by various staff members at Silvercrest, Hamric said she will be given more specific training by the center's physical therapy department. "I know that I will be prepared to say I've explored these areas of physical therapy."

Several agencies in Floyd County that currently rely a great deal on voluntarism have already phoned the Volunteer Connection and expressed a need for volunteers. The Floyd County Youth Shelter currently has two active volunteers prior to the Volunteer Connection, and has others lined up for screenings.

Volunteers participate in activities involving the youths staying at the shelter. The Youth Shelter also utilizes specialty volunteers to speak in an educational setting concerning various topics. Rhonda Boyd-Alstott, assistant director of the Youth Shelter said the Volunteer Connection will also allow the shelter to recruit volunteers who would rather work in areas unrelated to the youths, such as maintenance and clerical.

Both the New Albany-Floyd County Public Library and the Floyd County Museum are in the process of interviewing new volunteers they learned about through the Volunteer Connection. However, both agencies have utilized the aid of volunteer help for years, and many projects would go untouched without that assistance.

Benita Mason, head of the Indiana Room at the library, said her volunteers, all similar in age, undertake ongoing projects, such as transcribing oral history tapes. One man comes in once a week with his wife and helps move shelves and performs other odd jobs. Mason said the two volunteers she'll be getting through the Volunteer Connection will most likely index newspapers.

Ruth Ann Kramer, 69, of New Albany, has volunteered for the Indiana Room for the past five years after working there full-time for 15 years. "I love the library and the library work and my friends," she said. She said she spends 12 hours a week now doing data entry and occasionally conducting oral history interviews.

"It's been a lifesaver. My husband died five years ago — I needed time to visit my other children," said Kramer. "This gives me the flexibility to be with my children and travel. It's mentally stimulating, challenging work."

Seventy-four-year-old Ruth Braeutigam began devoting her time to the museum 12 years ago, spending at least one day a week greeting people, answering the phone and taking on other projects. A retired history and social psychology teacher in the New Albany-Floyd County school system, Braeutigam said she chose something to go with that interest.

"Anything that has to do with history interests me," she said of her reasons for volunteering there. "I spent most of my childhood down here reading books; the fact that it's a Carnegie Library and there aren't too many of them left."

One place Braeutigam said she wouldn't volunteer would be a nursing home, because working at the museum brings her self-satisfaction. "I suppose it's a feeling of usefulness, also a certain amount of pleasure," she said, adding that she didn't know when she would quit.

"Never thought about it. I just presume I'll go on and on until the museum's not here or I'm not here," she said.

•Those interested in volunteering, may phone C-O-N-N-E-C-T (266-6328) locally, or (800) 227-2643, for those outside the local calling area.

D 6 THE COURIER-JOURNAL, WEDNESDAY, MARCH 15, 1989

Need forces nutrition program in Indiana to set up waiting list

PRIME TIME
AL
ALLEN

For the first time in its 16-year history, the nutrition program in Southern Indiana has been forced to set up a waiting list for older people who need home-delivered meals. The program covers Harrison, Floyd, Clark and Scott counties.

Nancy Shiner, nutrition director for the South Central Indiana Council for the Aging and Aged, said that, despite a new volunteer route, which took care of 12 additional people, five Floyd County residents are still on the waiting list. "Several of these are people who have just left the hospital and need help acutely," she said.

The council operates 16 routes, mostly with paid contract drivers; only three are manned by volunteers. "We can't hire more drivers because we're dealing with a deficit situation," Shiner said. "Our costs are up, but our funding is not."

Shiner is hoping to recruit more volunteers — either individually or through churches, several of which now take responsibility for part of the delivery load. To volunteer, or to request Meals on Wheels service, call Shiner at (812) 948-8330.

3/28 TRIBUNE

Staff photo by Ron Dick

THE AMERICAN ASSOCIATION OF RETIRED PERSONS, Chapter 1837, held a monthly meeting at the Ken Ellis Senior Opportunity Center. Pictured from left are John Parsons, Mitch Harper, Dawn Wilson, Pat Jewell, Senator Kathy Smith, Hiram Blubaugh, chapter presdient and Jerry Stephens.

Page A2 THE BANNER-GAZETTE, Wednesday, March 8, 1989

Endwright Award Applicants being Accepted

The Maurice Endwright award has been created by the Indiana Federation of Older Hoosiers to honor an individual in each district; North, Central and South Area 14 includes Clark, Floyd, Harrison and Scott Counties.

This prestigious award is to be given to an individual 65 years of age or over, who has made a single outstanding contribution to his/her community, district and/or state within the past five years.

The individual should be a dedicated volunteer who has unselfishly devoted his/her time and talents in a specific project or activity which has made a significant impact in the area of involvement.

His/her achievement is not limited to a service performed for the elderly. It may be in the realm of a contribution of time and talents to a school program, the handicapped, etc. or in the form of initiating and/or developing a special activity or volunteer service which was needed but not heretofore offered.

The person may be sponsored by a club, church, organization or individual. A letter from the sponsor shall accompany the nomination form giving reasons for the selection of a candidate.

The winner will represent his/her district and will be honored as the outstanding person at the annual May banquet of the Indiana Federation of Older Hoosiers.

For further information and an application form, please contact: Earlene Bennett, South Central Indiana Council for the Aging and Aged Inc. 134 E. Main St., New Albany, IN. 47150, (812) 948-8330.

Applications are to be received on or before March 17, 1989.

Older hoosiers to be honored

The Maurice Endwright award has been created by the Indiana Federation of Older Hoosiers to honor an individual in each district: North, Central and South. Area 14 includes Clark, Floyd, Harrison and Scott Counties.

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Applications are to be received on or before March 17.

United Way

E. News 3/9/89

Ken Ellis Seniors To Visit Amish Farm And Opryland

The Ken Ellis Senior Citizens Center is sponsoring several trips for persons 60 and older.

On May 8 they will be going to an Amish farm in Southern Indiana where they will see candy and furniture being made and will eat a meal at an Amish home.

A three-day trip to Opryland in Nashville, Tenn., is planned June 26-28. It will include a performance at the Grand Ole Opry, a tour of the Opryland Hotel, a ride on the General Jackson paddlewheel showboat, other rides, and a chance to browse through shops.

The annual trip to Gatlinburg, Tenn., will be Oct. 11-13. It will include a stop at Dixie Stampede and shopping.

Trips will be scheduled to Madison and Vevay and several shopping trips are planned in Louisville.

A group will be going to the Rauch Planetarium at the University of Louisville March 20.

For reservations or additional information about any of the trips, call Sue Johnson at 283-7356.

Easter crafts are being made at the center this month and an Easter auction will take place during the monthly dinner March 16. The monthly dinner also will feature a St. Patrick's costume parade, square dancing and singing. There will be a free blood pressure check at 10 a.m. Those attending should bring a covered dish.

Other activities include exercise classes, spiritual time, literacy school and bingo.

The Ken Ellis Senior Citizens Center is located at 211 Martin Circle in Jeffersonville. To arrange transportation to the center, call 948-9701. Tribune 3/3/89

Wednesday, Mar. 8, 1989, THE CORYDON DEMOCRAT, Corydon, Ind. – Page 3

Nominations sought for distinguished elder citizens

The Indiana Federation of Older Hoosiers has established the Maurice Endwright award to honor an individual in each district: north, central and southern. Clark, Floyd, Harrison and Scott counties are included in Area 14, the South Central Indiana Council for the Aging and Aged Inc.

The award will be given to an individual 65 years of age or over who has made a single outstanding contribution to his or her community, district or state within the past five years.

The individual should be a dedicated volunteer who has unselfishly devoted time and talent to a specific project or activity which has made a significant impact.

The achievement is not limited to services provided to the elderly; it may involve a school program, the handicapped, or beginning or developing a program or service that was needed.

A person may be sponsored by a club, church, organization or individual. The sponsor must accompany the nomination form with a letter giving reasons for the selection of the candidate.

The winner will represent the district and will be honored as the outstanding person at the annual May banquet of the Indiana Federation of Older Hoosiers.

For more information or a nomination form, contact Earlene Bennett, South Central Indiana Council for the Aging and Aged Inc., 134 E. Main St., New Albany, IN 47150. Telephone is 1-948-8330.

Nominations are due in Bennett's office on or before March 17.

3-20-89
TRIBUNE

Senior Prom Planned at Ken Ellis Center in Jeff

A Senior Prom (for ages 65 and older) will be held at the Ken Ellis Center in Jeffersonville on Monday, June 19, from 7 till 9 p.m.

The Don Phillips Orchestra will provide the entertainment.

Cost for the evening will be $2 per person, with the first 200 persons making reservations eligible.

Attire for the evening will be dressy dress.

One of the highlights of the event will be the crowning of the Area 14 1989 Senior Queen. The winner will compete for the title of Indiana Senior Queen on August 18 at the 1989 Indiana State Fair.

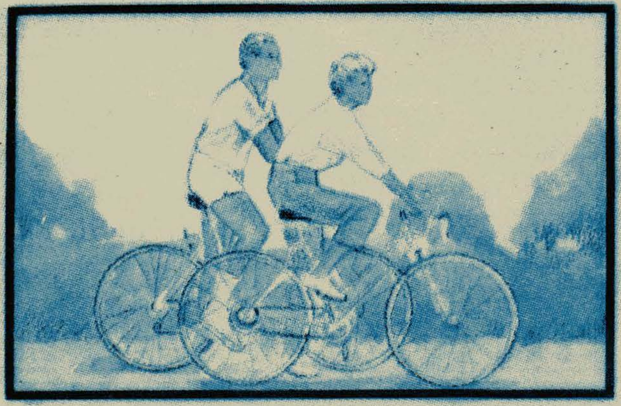
Persons knowing a lady, age 65 or older, who is a resident of Clark, Floyd, Harrison or Scott Counties and who has devoted her life to family, church, work, and community, and who would like to nominate her for the contest are asked to contact Earlene Bennett at 948-8330 for an application form.

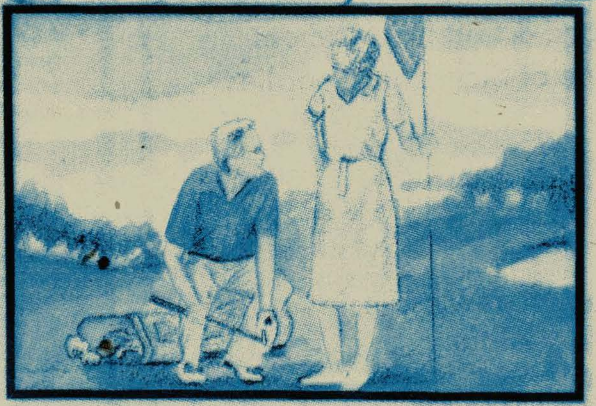
For reservation or more information call 948-8330.

162C

SUPPLEMENT TO THE TRIBUNE AND TRI-COUNTY EXTRA

Senior Scene





162D

The 'Graying Of America' A Time For New Lifestyles

The "graying of America" may be the term demographers use to describe the growth of the nation's 50-and-over population, but there's certainly nothing dull or drab about this older group.

Armed with the attitude that being an empty-nester or retiree is a new beginning and not an end, this fit and forward-looking crowd is redefining what older-age is all about. And, nowhere is this zest more evident than in the escalating number of empty-nester domiciles dotting the nation's landscape.

According to Ann Britten, a design consultant for La-Z-Boy® Chair Co., this group's solutions to housing problems for a new pared-down lifestyle—liberated for leisure, luxury and precious little maintenance—could prove helpful to all ages.

"Empty-nesters and retirees view this time of life as a rejuvenation," Britten notes. "Add to this the fact that the over-50 crowd controls more than half of this country's discretionary income, and you have a group that's not only ready and willing, but able to start anew."

Some of the bright ideas Britten attributes to this growing segment of the market are:

• *Smaller spaces, bigger thinking.* Many homebuilders are catering to this older market's demands for space without waste with practical and psychological space expanders such as fewer but larger rooms, vaulted ceilings and lots of windows.

Modular furniture, Britten notes, is a popular small-space decorating choice, especially if it offers multi-function options such as those from La-Z-Boy with recliners or a sleep sofa that opens into a comfortable bed for overnight guests or visiting grandchildren.

• *Economies of color.* There's no simpler way to create a sense of luxury than the lavish use of color. Soft, but definitely not dull or boring, colors are de rigueur for this group, where rich roses, sunshine yellows, Wedgewood blues and deep magentas are favorite room "enrichers."

A PLACE IN THE SUN doesn't necessarily mean a Florida condominium for today's over-50 empty nesters and retirees. This spirit-lifting porch with a La-Z-Boy® rattan-wrapped recliner and dual-purpose sleep sofa promises sunny year-'round relaxation even in a colder climate.

• *Reclining years.* Everyone should have a place of his or her own for rest and relaxation, but today's seniors know that "R & R" could well be translated to mean rest and recline.

Today's recliner choices are varied—many with space-saving features such as the close-to-the-wall styles from La-Z-Boy that allow the chair to be placed just inches from the wall while still offering a comfortable, full recline. A Queen Anne or Chippendale style recliner is as at home in an 18th-century decorated living room as a masculine, leather club-style recliner is in a den.

• *Let the sun shine in.* It's a fact. Sunlight lifts the spirits. Lots of windows, enclosed porches and skylights are popular with the 50-and-older crowd.

• *No more maintenance.* This nation's more than 28 million golden-agers don't want to keep up with upkeep. And that has led to everything from no-care landscaping and low maintenance home floor-plans to low-care furnishings and fabrics designed to take it all. Quality is more important than ever, with the demand for products that will last and require few, if any, repairs, a high priority.

Perhaps it is the wisdom that comes with age, or the innovation that comes from catering to this growing market category, but the good ideas generated by the "graying of America" may well mean a brighter future for everyone.

Retreaded Tires A Good Buy

It makes sense to buy a retread if you want to get the most value for your money, according to a spokesman for the Tire Retread Information Bureau.

Motorists can expect to save about 30 percent of the cost of a new tire when buying retreads. The savings are even greater for RV, pickup and 4x4 owers. Also, the warranty on a retread will generally be better than on a new tire. The handling of a car using retreads will be exactly the same as with comparable new tires. The only real difference to the motorist will be in the price.

Retreaded tires offer motorists the same mileage as comparable new tires at a far lower price, which is why retreads are safely used on school and municipal buses, emergency vehicles and taxis, and by all major airlines, the trucking industry and millions of motorists. Retreads are the perfect tires for people on a fixed income.

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Write to the Tire Retread Information Bureau, Box 374, Pebble Beach, CA 93953, for a free brochure on the features and benefits of retreaded tires.

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Older Americans See Interests Expanding

Senior citizens make up one of the fastest growing segments of the population in the United States. According to the U.S. Census Bureau, by the year 2050, more than 67 million people—one out of every five in the United States—will be 65 or older.

The prospects for their continued good health, activity, vitality and long life are vastly better than commonly portrayed. Seniors see themselves as more physically and mentally active than younger groups.

New desires, needs and lifestyles arise as most people grow older. Many choose retirement after a certain age, but many older workers prefer part-time jobs or phased retirement.

However, retirement is something many look forward to as an opportunity to pursue activities that were pushed aside due to a lack of free time.

Now is an excellent time to pursue travel plans and explore the world and all it has to offer. Whether it be the history of the Kremlin or the Cajun cooking of Louisiana, the possibilities to explore an unseen territory are endless.

New opportunities

Often, while you're in the work force, there is little time for philanthropics, although many people have good intentions of promoting human welfare. There are plenty of organizations always in desperate need of volunteers, and the rewards are far greater than strictly monetary.

Volunteers are also needed in such places as museums, libraries and day care centers, just to name a few options. There are many opportunities to remain active in the community. With a little research, you are sure to find your niche.

Enjoy other involvements

Hobbies that have been neglected in the past can be rekindled or a new activity begun. Or, catch up on all those movies, plays or books you've been too busy for in the past.

Education is a never-ending experience in life. Enrolling in a local college or community classes can be a great learning experience. It is never too late to get a degree, learn a different language, or master an art or craft.

Share expertise

Experience is something accumulated over the years that is personal—there are no short cuts. These experiences can be shared through the teaching of others, whether they are five or 95 years old. Don't be modest about your ability to pass on your different areas of expertise and knowledge to other people.

There is an activity for everyone which will bring pleasure and, quite possibly, the rewards of giving of yourself and your time. If the placid life is not for you, there is no reason not to get involved!

Certainly, you must seek out the action and not expect the excitement to look for you. However, this is not an unrealistic goal for most. Making yourself available can help fill up your schedule with all sorts of activities.

Flexibility a positive factor

As lifestyles change, embrace this change of pace to do things as they suit you. The later years in life should be filled with activity and leisure time spent at your discretion.

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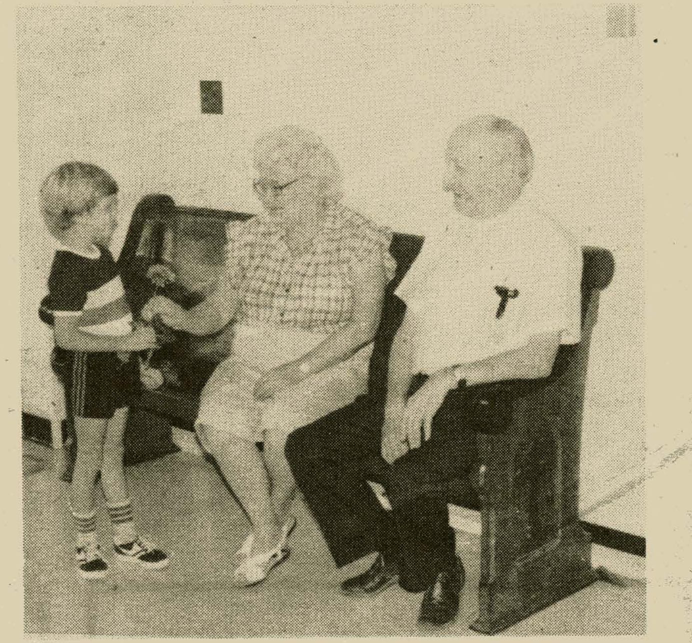

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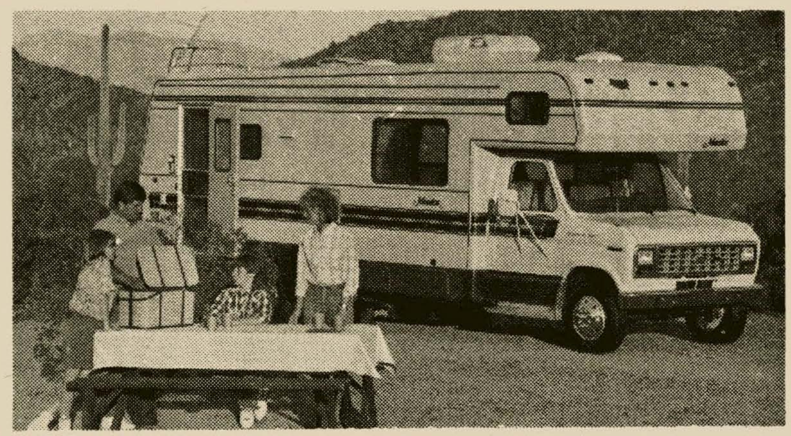


GRANDPARENTS AND GRANDCHILDREN can travel together with ease in a comfortable motorhome or travel trailer. Aerodynamically designed 1989 Monitor mini-motorhomes from Holiday Rambler Corporation offer contemporary interior design and many convenient features. Available in 24, 26 and 27 foot-long models, Monitor models offer larger windows, additional storage space and a sliding dinette table. Optional features include a water purifier, coffeemaker and thermostatically-controlled attic fan.

Hints On Traveling With Grandchildren

Traveling with your grandchildren can be a great way to spend time together and develop a greater appreciation for their talents and personalities.

There's no better way to see America than by motorhome or travel trailer with the comfort, convenience and privacy afforded by bringing your accommodations with you.

However, as anyone who has ever traveled for more than 10 miles with children knows, extended trips can try the patience of a saint.

Getting them involved

To make your trip an enjoyable holiday, keep in mind these travel tips from Holiday Rambler Corporation, manufacturer of motorhomes, travel trailers and fifth wheels.

1. Involve the grandchildren in preparing for the trip—deciding where to go, what to do, and in packing and loading the RV.

2. When choosing which attractions to visit, select a variety of things so each person enjoys some things. If a preschooler will be traveling with you, remember that he or she is too young to really enjoy attractions such as museums or curiosity shops, preferring zoos, parks and playgrounds.

3. To answer the often repeated question of "when are we going to get there," have brochures of where you're going and extra roadmaps to show where you are.

4. Have plenty of healthy snacks such as crackers, nuts, fruit juices and cold water on hand.

5. Brush up on all the "travel games" you played with your children—finding state license plates, billboard alphabet, travel bingo, etc. Pack plenty of games, puzzles and coloring books as well. Bring along taped stories and songs, taking turns choosing tapes to play so that everyone, including the driver, can enjoy the diversion. Older children—and you—will appreciate having a personal radio and cassette player with earphones.

6. Plan for regular stops at rest areas or tourist attractions. Keep the travel schedule light so you have time to relax. Take time to play a little frisbee or throw a softball.

7. A trip can be an excellent time to educate children about money. Give each child a specific amount of money to spend on the trip, and emphasize that they are responsible for safekeeping and choosing how to spend their money.

8. Children old enough to have chores at home can have chores when it's time to set up camp. Even young children can experience the pleasure of being "grown up"—perhaps setting up lawn chairs or assisting older siblings with a task.

Don't Delay In Calling On, Helping Friend In Mourning

It's amazing how productive we can be while postponing doing something we don't want to do. I've cleaned dresser drawers, baked cookies, run errands, called my parents and even washed floors, all to put off calling friends who were mourning a tragic loss.

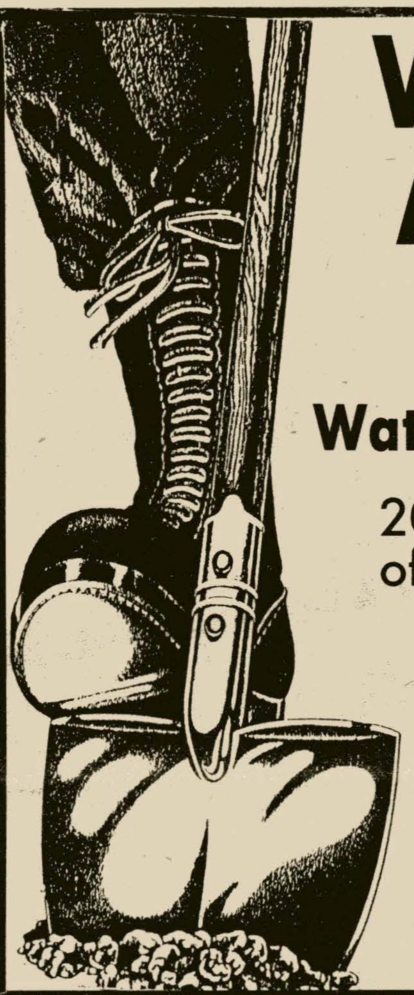
I've discovered over the years that I'm far from alone in this behavior. It's very difficult for many people to work up the courage to call or visit a friend who's mourning the death of a loved one.

"Will it be a bad time?" "Will I say the wrong thing?" These are valid questions asked by countless people who want to help, but who are haunted by the age-old complaint, "I never know what to say."

Communication can be maintained in a number of ways: In person, by telephone, by "thinking of you" notes, with flowers or food, or by helping with cleaning, child care or other chores or errands.

Often it isn't necessary to "know what to say"—only to be there. Your friend may need you only to listen—which is *actively giving* to another—to take a hand in silent sympathy.

Above all, don't worry if you "never know what to say."



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What's The Latest About Gallstones?

ⓜThe gallbladder was first accurately described nearly 2,400 years ago by Aristotle, the great philosopher and scientist who systematized the knowledge of his time. However, not even he understood how the gallbladder worked or where gallstones came from.

In the Renaissance, a distinguished physician, Jean Fernel of Amiens, described the agonies of patients with obstruction of the gallbladder, detailing symptoms including abdominal swelling, chills and fever, tremendous discomfort and even death.

Today, an estimated 25 million Americans have gallstone disease and approximately one million new cases are diagnosed each year. The disease is three to four times more common in women than in men. Older people are most prone to the disease; the incidence of gallstone disease in the general U.S. population is 10 percent (that's one out of every ten people), rising sharply to 20 percent in people over age 40, and to 30 percent in those over age 60.

Surgical removal of the gallbladder (or cholecystectomy) is the second most frequently performed surgery in this country; more than 500,000 are performed annually, with 6,000-8,000 deaths occurring due to complications from surgery.

Even though many things have changed since Aristotle's time, most of us *still* do not know much about the gallbladder and how it works. To learn more about the gallbladder, gallstones and related issues, take this short quiz and see how much *you* know.

1. The primary function of the gallbladder is to:

A. concentrate bile,
B. break down food particles,
C. absorb nutrients,
D. the gallbladder has no function.

1-A. The primary function of the gallbladder is to store and concentrate bile, a fluid produced by the liver that carries excess cholesterol into the intestine and, ultimately, out of the body.

2. The gallbladder is connected to the:

A. liver and intestine,
B. bladder,
C. pancreas.

2-A. The gallbladder is a small, pear-shaped organ that is connected to the liver and intestine by small tubes called bile ducts.

3. True or False: Gallstones are lumps of solid material that form in the gallbladder.

3-True. Gallstones can be as small as tiny specks or, in extreme cases, as large as the gallbladder. Most (80 percent) are small, less than 20mm.

4. The vast majority of gallstones are made of:

A. cholesterol,
B. iron,
C. potassium,
D. phosphorous.

4-A. Cholesterol is the major component of approximately 80 percent of all gallstones.

5. Which are common risk factors for developing gallstone disease?

A. rapid weight loss,
B. being overweight,
C. pregnancy,
D. a history of taking birth control or hormone replacement pills,
E. all of the above.

5-E. Rapid weight loss, being overweight, pregnancies, diets rich in animal fats, birth control pills and hormone replacement pills increase the risk of developing gallstones.

6. True or False: Gallstones only form in the gallbladder.

6-False. Although most gallstones form in the gallbladder, a small percentage form in the bile ducts.

7. Which of the following may be a symptom of gallstone disease?

A. chest pain,
B. intestinal gas,
C. indigestion,
D. belching,
E. all of the above.

7-E. Symptoms including chest pain, indigestion, nausea, vomiting, gas and severe abdominal pain are most frequently experienced by people who have gallstones.

8. True or False: Surgical removal of the gallbladder is the only way of treating gallstones.

8-False. Until recently, surgery was the most common treatment for gallstone disease. *Now*, a new oral medication that dissolves small-to-medium cholesterol gallstones has recently become available in the U.S. and is considered a safe and effective alternative to surgery, for those at high risk for surgery and those who refuse surgery.

9. True or False: Women are more likely to develop gallstones than men.

9-True. Women between the ages of 20 and 60 are three times more likely to develop gallstones than men. Women who are considered at highest risk are those who are overweight, who have been pregnant, have used oral contraceptives or estrogen replacement pills, who have recently lost weight quickly, or who are of American Indian ancestry.

For more information about your gallbladder or gallstones, see your doctor, or send a stamped, self-addressed envelope to the American Liver Foundation, 998 Pompton Avenue, Cedar Grove, NJ 07009.

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Corns Remain A Growing, Painful Problem For Elderly Americans

America's elderly may look and feel younger than ever these days, but they still report a common painful problem — corns.

According to Dr. Charles Gudas, podiatrist and member of Dr. Scholl's Foot Health Council, one out of every three older adults has a corn. He says, "Corns, which are hard, dry, shiny areas of hardened skin usually found on the tops of toes, result from poorly fitted shoes."

What to avoid

When shoes fit improperly, friction is generated on the toe's bony area and the environment becomes conducive to the formation of corns.

Furthermore, the ideal breeding grounds for corns are pointed-toe, high heel shoes. When wearing high heels, the foot is pitched forward into the shoe and the tops of toes are forced to endure prolonged pressure. The combination of friction between tops of toes and shoes and the unnatural toe positioning cultivates corn growth.

Although the elderly population may not wear high heels as much as they have in earlier days, any pointed-toe tight shoe can cause corns.

"Corns are more prevalent as people mature," says Dr. Gudas. "The skin of the foot tends to become thinner and more sensitive to pressure and rubbing. As a result, even minimal friction can lead to a painful corn.

"In addition, feet often swell during the day. Unless shoes have adequate space to allow for the swelling, they may become too snug and the developing friction is likely to cause corns."

Preventing re-occurence

To help seniors prevent the growth of future corns, Dr. Gudas and the experts at Dr. Scholl's offer the following tips:

- Make sure that shoes fit properly. Feet should have sufficient room in the toe area and around the sides so that they can spread naturally when walking. The back of the shoe should hug the heel tightly.
- Prevent friction on newly formed corns by using a corn cushion. The foam cushion surrounds a developing corn and helps ease painful pressure.

How to remove corns

- Remove painful corns with Dr. Scholl's® Corn Removers, which help reduce friction while removing dead skin build-up.

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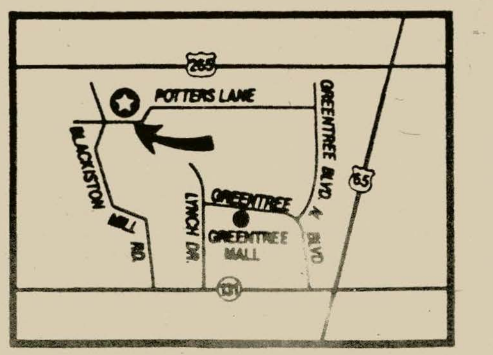

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With Proper Care, Healthy Smile Can Last A Lifetime

WHATEVER YOUR AGE, it's easy to keep your mouth clean, healthy and feeling good. Just remember to brush and floss daily, eat the right foods and visit your dentist regularly.

By the year 2020, an estimated one-fourth of the nation—more than 50 million Americans—will be at least 65.

Advances in every area of health care—including dentistry—have enabled Americans to live longer and be healthier than ever before.

In an effort to increase awareness of the importance of oral health in later years, the American Dental Association has designated May 14 through 20 as National Senior Smile Week.

With the theme "A Healthy Smile Can Last a Lifetime," the dental profession seeks to combat the myths and false assumptions that have kept older Americans from seeking needed dental care.

Tooth loss is not inevitable. People lose their teeth to disease, injury and neglect. Teeth are meant to last a lifetime and, with proper oral hygiene and regular dental visits, they can.

One of the major oral health problems today is the range of periodontal diseases that afflict the gums and other structures that support the teeth.

Periodontal diseases are responsible for about 70 percent of all adult tooth loss. Affecting at least three out of four people over the age of 35, these diseases often progress slowly and painlessly over a long period of time. So seniors are definitely at risk.

Periodontal diseases are caused by plaque, a sticky, colorless film that forms constantly on the teeth.

The bacteria in plaque produce acids that can irritate the gums and, over a period of time, seriously damage the structures that support the teeth.

There are several warning signs that may indicate presence of periodontal diseases:

- Gums that bleed easily;
- Red, swollen or tender gums;
- Gums that have pulled away from the teeth;
- Pus exuding between the teeth and gums when the gums are pressed;
- Persistent bad breath or bad taste;
- Permanent teeth that are loose or separating;
- Changes in the way your teeth fit together when you bite;
- Changes in the fit of dentures or other dental appliances.

If you have any of these symptoms, see your dentist immediately. The sooner periodontal diseases are diagnosed, the better the chance for successful treatment.

Tooth decay affects people of all ages—including seniors. The nature of the problem, however, changes in later years.

Most children's cavities occur on the biting surfaces of the back teeth, where food and bacteria easily collect. But, for people over 50, two out of every three cavities occur around the edges of old fillings.

Root caries are another type of tooth decay common in older adults. As gums recede, tooth roots become exposed and susceptible to decay. About 70 percent of people over age 60 have root caries, which should be treated by a dentist.

Xerostomia, or dry mouth, a condition of reduced saliva production and severe oral dryness, often contributes to tooth decay in older adults.

Saliva lubricates the mouth, washes food away from the teeth and neutralizes acids that can cause decay.

Xerostomia is a side effect of more than 200 frequently prescribed drugs. If you think you may have xerostomia, consult your dentist, who may recommend use of artificial saliva and a fluoride mouthrinse.

What should seniors do to maintain oral health? It's not difficult. There are just a few steps to take:

- Brush thoroughly at least once a day, after meals whenever possible.
- Floss thoroughly once a day.
- Eat a balanced diet and limit snacks between meals, especially sticky foods that cling to the teeth.
- At least once a day, use a fluoride toothpaste approved by the American Dental Association.

Fluoride toothpaste is recommended for all ages, not just children. Adults should also use fluoride toothpaste routinely to help reduce both tooth root and tooth crown decay.

- Visit your dentist regularly.

Millions of Americans wear dentures, but their need for dental care does not stop. The mouth is a living, constantly changing organ, so dentures that fit well at first may need professional adjustment later.

Only a dentist can assure the proper fit of dentures and the continuing health of mouth tissues.

During National Senior Smile Week, state and local dental societies will hold a variety of special community programs and activities geared toward older adults.

For a free brochure on periodontal disease, send brochure request with a stamped, self-addressed, business size envelope to: The American Dental Association, Division of Communications, Suite 2038, 211 East Chicago Avenue, Chicago, IL 60611.

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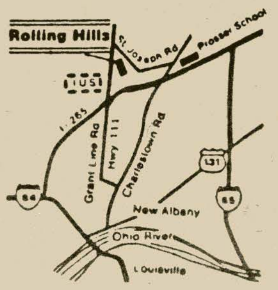

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Universal Design Proves Functional For All Ages

Extended families, older Americans, latchkey children, yuppies: Today's families are a veritable "alphabet soup" and pose new challenges to designers and marketers of consumer products. The big question: How do you design a product that everyone can use easily?

Whirlpool Corporation, a manufacturer and marketer of major home appliances, has one solution: Determine which group of consumers might have the most difficulty using a specific product, then design it so that they can operate the appliance easily and safely.

This concept is known as "universal" design. All it really means is that if you design a product with the least able user in mind, everyone else can use it also—regardless of age, size or physical limitations.

How can selecting appliances with universal design help today's families?

As an example, take a three-generation family living under one roof. Aunt Lou spends a lot of time in the kitchen because she enjoys cooking and baking.

Twelve year old Kevin is often in the kitchen, too, because he enjoys eating.

Kevin's parents, Paul and Doris, have demanding jobs that don't allow them much time at home during the week, but they love to cook and entertain on the weekends.

Each of them has somewhat different needs in appliances, but they're all happy with their one set of universal design products.

Aunt Lou has a touch of arthritis in her fingers, and she says her eyes just aren't what they used to be. So, when they remodeled the kitchen, Paul and Doris looked at her needs and also considered Kevin's size and his interest in "helping" Aunt Lou.

The rest was easy. The new kitchen now has a white glass cooktop with front-mounted controls which everyone can reach and operate easily. The controls have dark numbers and graphics on a white background, making them easier for both Aunt Lou and Kevin to see.

The solid cast-iron elements don't have drip pans to clean—and their raised design makes them easy to locate, position cooking utensils, and use.

Aunt Lou and Kevin both love the refrigerator. It has a through-the-door ice and water dispenser for quick and easy filling of glasses—and on hot days, it really cuts down on the number of times Kevin opens the door. That's a universally-liked design that's also a potential energy saver!

Aunt Lou especially likes the pull-out shelves, baskets and bins in the refrigerator and freezer compartments—and the front-mounted controls. "No more unloading shelves or stooping and bending to reach items shoved to the back, with this design," she says with a smile.

One other refrigerator feature that Aunt Lou appreciates is the tempered glass shelves with raised edges. She notes that when Kevin overturns his glass of milk on a shelf, it stays on that shelf without dripping to those below, making cleanup a simple matter.

Paul and Doris like its deep door shelves, noting that gallon containers of milk and juice are much easier for everyone to handle, now that they can be stored in the door.

Kevin's favorite appliance is the microwave oven. Aunt Lou lets him use it every afternoon for his after-school snack. They installed it in the breakfast area, at table height, offering the most convenient use for the entire family.

Because they like to bake—but hate cleaning ovens—this family selected stacked 30-inch built-in ovens, one with a self-cleaning system and the second with a continuous-cleaning system.

Both ovens have white glass doors and easy-to-use controls. They're installed at an intermediate height so that all the family's bakers can use them easily and conveniently.

To round out this convenient kitchen, the family selected a dishwasher with front controls, racks that pull out and one that has the dispensers and silverware baskets located in the door for easiest reach and use.

The trash compactor holds a week's worth of trash for a family of four in one convenient bag, reducing taking out the trash to a once-a-week task.

Because Kevin and Aunt Lou do most of the family's laundry, they selected a washer and dryer that have large graphics on the control panel, large-print lid instructions and oversized knobs and pushbuttons for easy operation, even on days when Aunt Lou is troubled by arthritis. Even the operating instructions for these laundry appliances are done in large type.

Such features are especially useful for children learning to do the laundry and those without perfect eyesight. In fact, if laundry appliances are installed in a poorly lighted basement, garage or utility room, such designs offer universal consumer benefits.

Whirlpool Corporation offers free brochures to consumers interested in further information about independent living for seniors. To place an order, simply call the Whirlpool Cool-Line Service, Dept. M, 1-800-253-1301.

Stories From Far-Away Grandparents Vital

Grandparents and grandchildren are natural allies, according to experts in family relations. But alliances weaken, their studies reveal, when the homes of grandparents and grandchildren are too far apart, or when intergenerational barriers intervene.

In disrupted communications, everybody loses, including the youngsters' parents.

Strengthening ties between grandparents and grandchildren through storytelling is the intent of *Write Stories To Me, Grandpa!* a new 174-page book by Meyer (Mike) Moldeven, himself a too-far-away grandfather.

The book's 30 original stories and anecdotes, and scores of illustrations offer a wide range of ideas and models for grandparent yarns.

One model transforms a well-known, already plotted folk tale into a grandma or grandpa story, and another presents an event in family history in the form of a play.

The book is available from Mike Moldeven, P.O. Box 71, Dept. M, Del Mar, CA 92014-0071 at $9.95 per single copy prepaid ($10.60 in California). Price includes postage. For more information send a stamped self-addressed envelope.

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162 II

MARY FINLAYSON, Christian Appalachian Project (CAP) volunteer is all smiles for a member of her new-found family.

More Seniors Discovering New 'Career' As Volunteers

A growing number of senior citizens seeking an outlet for their years of accumulated knowledge and skills are finding new horizons and rewards by working as volunteers, using their special know-how to help others.

One organization that has been recruiting mature volunteers is the Kentucky-based Christian Appalachian Project (CAP), a non-profit, non-sectarian group that serves the poor in the rolling green hills of Appalachia.

Mary Finlayson, a registered nurse and a widow with four grown children, became a CAP volunteer at the age of 55.

She chose CAP for several reasons. Most important was her admiration for CAP's work, a range of 70 self-help programs from home repair and "infant universities" to craft workshops and care for the handicapped, all aimed at returning pride and dignity to the people of America's own "third world."

Another compelling reason was CAP's special call for skilled seniors—there would be other volunteers close to her age. Still another was the wide choice of activity. She could work in a program related to her profession, or do something entirely new.

Mrs. Finlayson also appreciated the comfortable living quarters to which she was assigned. The two-story Tudor-style house she shares with eight other CAP volunteers offers the privacy of her own bedroom along with the family-like warmth of shared conversation, cooking and household chores. •

A fringe benefit of her move from northern New York State's snowbelt is Kentucky's mild winter and long spring and fall seasons. "I love being outdoors here," says Mrs. Finlayson, "breathing the sweet country air...and seldom having to wear anything heavier than a sweater."

For more volunteer information, write to Volunteer Office, Christian Appalachian Project, Dept. MM, 235 Lexington Street, Lancaster, KY 40446.

Cut Calories: Cook Light With Lean Beef

Eating healthier, nutritionally sound meals can be as simple as making a few changes in your grocery shopping and cooking habits.

For example, certain cuts of beef are leaner than others. When shopping, select cuts such as top round, top loin strip steak, top sirloin, eye of the round, flank, tip, or extra lean ground beef. These are low in fat and high in the protein, iron and B vitamins which are essential to good health.

Cooking tips

Cooking techniques can also help cut calories when you're preparing your favorite dishes. Here are some lean cooking tips:

- Prepare meals using basic ingredients and avoid the hidden calories often found in prepared foods and mixes.
- Use low-calorie substitutes for regular ingredients when possible. For example, use tomato juice in place of tomato sauce, lowfat yogurt for sour cream or mayonnaise, skim milk for whole milk or cream.
- For seasoning, try herbs and spices rather than butter, heavy sauces or gravies.
- Limit the use of added flour, sugar and fats in cooking.
- Trim outside fat from beef cuts before cooking and trim any separable (inside) fat before eating.
- Bake, broil or roast on a rack, so beef will remain above drippings.

The following Spinach-Stuffed Roast recipe makes a complete meal the whole family will enjoy—at only 336 calories per serving, 196 calories from the beef.

SPINACH-STUFFED ROAST

1¼ lb. beef eye round roast
1 lb. small new potatoes
10 oz. spinach (or one package frozen spinach, thawed and drained)
¼ cup chopped beef salami (1 oz.)
¼ cup finely chopped onion
¼ cup soft whole wheat bread crumbs
⅛ tsp. cayenne pepper
1 Tbsp. red wine vinegar
1 Tbsp. chopped parsley

Parboil potatoes (do not pare) in boiling water 10 minutes; drain and reserve. Cut roast lengthwise but not quite through. Make another cut on each side of the first cut so that meat will lay flat. Pound roast to ½ inch thickness.

Cook spinach, covered, in a large frypan, 3 to 5 minutes or until wilted; drain well. Combine spinach, salami, onion, bread crumbs and cayenne pepper.

Spread mixture evenly over cut side of roast. Roll up jelly roll fashion to enclose filling. Tie roast securely with string. Place on rack in open roasting pan. Do not add water. Do not cover.

Roast in a slow oven (325°F.) 15 minutes. Place potatoes around roast and continue roasting about 45 minutes (beef will be rare). Remove roast and let stand at least 15 minutes before carving. Cut potatoes in half; spoon vinegar and parsley over potatoes, stirring lightly to coat. Carve roast into 8 slices.

Serves 4.

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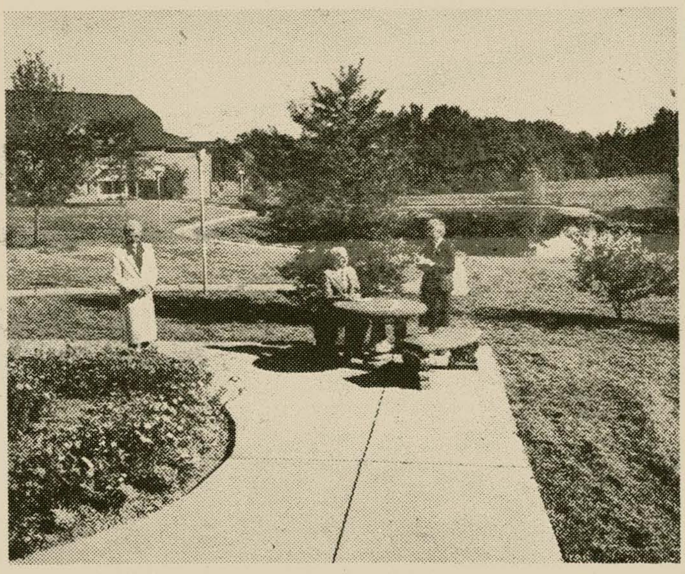

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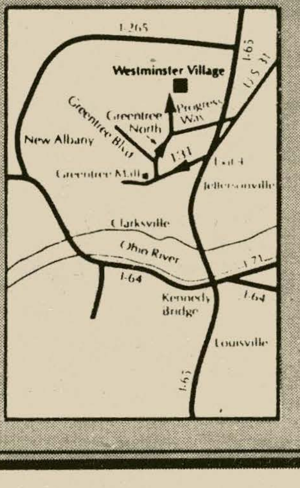

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3-89 Tribune

Area Responds To Many Needs Of Senior Citizens

A growing number of services are available in Southern Indiana to help senior citizens continue to live comfortably in their own homes.

Medical services are available from several companies that provide home health care and other services are available through the South Central Indiana Council for the Aging and Aged Inc.

Among the medical services provided by home health care companies are skilled nursing, visiting nurses, nurse's aides, physical and speech therapy, social workers, sitters for respite care, cooking, cleaning, transportation to doctors' offices and linen service.

The companies can provide services ranging from giving a bath to monitoring medications and treatment for persons who are recovering from surgery, have a chronic illness, or are terminally ill.

The frequency of visits and the services provided are tailored to each patient.

"We do a lot of teaching," said Lisa Steele, a registered nurse and director of Medi-Call Home Health Services of Floyd Memorial Hospital. "We teach the patient about their illness and teach the family how to care for the patient," Steele said.

"Most of our patients are elderly," said Jennifer Churchman, president of Hoosier Hills Home Health Services, "and they would be unable to function at home without assistance."

"We do a lot of IV therapy in the home," said Jo Ann Dome, director of the Visiting Nurse Association of Southeastern Indiana. "Most patients do better in their own home."

Among the Council for the Aging programs for persons 60 and older are information and referral, which offers a reference to community resources designed to meet the needs of senior citizens.

The case management program evaluates the needs of an older person and links the person and their family with the appropriate community resources. The forms of assistance can include helping with applications for food stamps, interceding with other agencies, or escorting the person to services. Last year case management served 878 persons.

The homemaker-handyman programs aid persons who are unable to take care of their own homes and include housekeeping, minor repairs, minor weatherization and carpet shampooing. In 1988, the handyman program served 278 persons.

The homemaker program assisted 451 persons last year, cleaning their homes every two weeks.

The activity visitor program provides weekly contact for the isolated elderly and runs errands for those who are homebound.

Senior citizens centers in New Albany, Jeffersonville and Corydon offer cultural, educational, recreational and social activities.

The nutrition program provides a balanced hot lunch in a social setting for an average of 450 senior citizens per day Monday through Friday at 17 sites.

Home delivery of meals is available for persons who are unable to leave their homes to go to a nutrition site. There is a waiting list for home-delivered meals funded with federal money, but individuals will be put on the program as openings occur.

Dial-A-Meal is an alternative for persons who can afford to pay the full price for a home-delivered meal. This program offers home delivered-meals to the homebound for $3 a meal.

The health services program offers screening for high blood pressure on a monthly basis and other preventive health screenings, as well as educational programs and seminars.

The Council for the Aging also provides transportation to nutrition sites, senior citizens centers, doctors' offices, banks and grocery stores. Last year 917 persons took advantage of the transportation services.

Two services are designed for families caring for an elderly person.

The Adult Day Care at Providence Retirement Home offers care for elderly persons, providing social activities and lunch. The Council for the Aging provides funds for low-income individuals.

Respite care gives caregivers time to run errands, do shopping, or engage in a leisure activity while another person stays with the elderly person.

The Tribune,
New Albany, Ind.,
Friday, May 19, 1989

Applications Open For Senior Queen Award

The South Central Indiana Council for the Aging & Aged, Inc., is accepting applications for the 1989 Senior Queen Award, which recognizes a senior woman's accomplishments.

The award is open to any woman 65 years of age or older, residing in Clark, Floyd, Harrison, or Scott counties and having a record of service to her family, business, church and community. A candidate may not be employed by an organization receiving funds from the Indiana Department of Human Services. The nominees are judged on presonality, civic contributions, and an interview session.

The lady chosen to represent Area 14 will compete with 15 other area representatives at the Indiana State Fair for the title of Indiana Senior Queen. In addition, the Area 14 winner participates in several Harvest Homecoming events and serves as hostess at several agency functions.

This year, for the first time, the queen will be crowned at a Senior Prom to be held at the Ken Ellis Senior Center located at 211 Marin Circle in Jeffersonville on June 19 from 7-9 p.m. The Don Phillips Orchestra will provide the music and the cost for a ticket will be $2. Attire is dressy dress and reservations are limited to the first 200 people making reservations.

For further information, reserv tions or an application, call Earl Bennett at 948-8330. The deadlin receiving applications is Ma The award is sponsored in p the South Central Indiana for the Aging & Aged, Inc., dance is in conjunction wit fersonville Parks Departmen

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One Older Hoosier To Be Honored

The South Central Indiana Council for the Aging & Aged, Inc. is accepting applications for the 1989 Area 14 Older Hoosier of the Year Award, which recognizes an outstanding Hoosier (male or female) for a lifetime of service to the community and to encourage continued service.

The person selected for the local award must be 65 years of age or older, and reside in Clark, Floyd, Harrison or Scott counties. The criteria used to make the selection will be the person's accomplishments related to service to the community, and aging programs in particular.

The local award winner will then compete in the 17th annual state Older Hoosier of the Year Award for the highest honor bestowed on a senior by the Indiana Department of Human Services.

For further information, call Earlene Bennett at 948-8330. Deadline for applications is June 2.

The Tribune,
New Albany, Ind.,
Wednesday, May 31, 1989

VOLUNTEERS HONORED — Volunteers with the Helping Hand Program, sponsored by the Floyd County Council for the Aged and Aging, were honored at a recent luncheon. From left, in front, are Earlene Bennett, coordinator of the Helping Hand Program, and volunteers Margaret Baker, Audrey Deem, Lucille Reisz and Marguerite Stamper. In back, Vi Sands, Kathryn Phelps, June Aebersold, Robert Lee and Kathleen Norton. The volunteers helped process 400 applications of people needing assistance with their utilities.

Tribune - 5-19-89

Applications Open For Senior Queen Award

The South Central Indiana Council for the Aging & Aged, Inc., is accepting applications for the 1989 Senior Queen Award, which recognizes a senior woman's accomplishments.

The award is open to any woman 65 years of age or older, residing in Clark, Floyd, Harrison, or Scott counties and having a record of service to her family, business, church and community. A candidate may not be employed by an organization receiving funds from the Indiana Department of Human Services. The nominees are judged on presonality, civic contributions, and an interview session.

The lady chosen to represent Area 14 will compete with 15 other area representatives at the Indiana State Fair for the title of Indiana Senior Queen. In addition, the Area 14 winner participates in several Harvest Homecoming events and serves as hostess at several agency functions.

This year, for the first time, the queen will be crowned at a Senior Prom to be held at the Ken Ellis Senior Center located at 211 Marin Circle in Jeffersonville on June 19 from 7-9 p.m. The Don Phillips Orchestra will provide the music and the cost for a ticket will be $2. Attire is dressy dress and reservations are limited to the first 200 people making reservations.

For further information, reservations or an application, call Earlene Bennett at 948-8330. The deadline for receiving applications is May 31. The award is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc., and the dance is in conjunction with the Jeffersonville Parks Department.

5-10-89
Corydon Democrat.

Lifetime service crowned by senior queen award

Applications for the 1989 Senior Queen Award will be accepted by the South Central Indiana Council for the Aging and Aged Inc. until May 31.

The award is open to any lady 65 years of age or older who lives in Area 14 — Clark Floyd, Harrison or Scott county — and has a record of service to family, business, church and community. The award recognizes a senior lady's lifetime accomplishments. Nominees are judged on personality, civic contributions and an interview session.

The Area 14 winner will compete with 15 other area representatives at the Indiana State Fair for the title of Indiana Senior Queen. In addition, the Area 14 winner participates in several Harvest Homecoming events and serves as hostess at several agency functions.

This year, for the first time, the queen will be crowned at a Senior Prom to be held at the Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville on June 19 from 7 to 9 p.m. Reservations are $2, and are limited to the first 200 persons applying. The Don Phillips Orchestra will provide music, and attire is dressy dress.

For more information, reservations or an application, call Earlene Bennett at 948-8330 by May 31. The award is sponsored by the Council for the Aging and Aged and the dance is in conjunction with the Jeffersonville Parks Dept. No employee employed by an organization receiving funds from the Indiana Dept. of Human Services may not participate in the contest.

Older Hoosier of the Year Candidates sought for 1989

The South Central Indiana Council for the Aging and Aged Inc. will accept until June 2 applications for the 1989 Area 14 Older Hoosier of the Year Award. The purpose of the award is to recognize an outstanding Hoosier (male or female) for a lifetime of service to the community and to encourage continued service.

The person selected must be 65 years of age or older and must live in Area 14 — Clark, Floyd, Harrison or Scott county. The criteria for judging applications are the nominees' accomplishments in service to the community and to aging programs in particular.

The local award winner will then compete in the 17th annual state Older Hoosier of the Year Award. This is the highest honor bestowed on a senior by the Indiana Dept. of Human Services and will be presented by Gov. Evan Bayh at the 1989 Governor's Conference on Aging in South Bend in October.

For more information or an application, call Earlene Bennett, 948-8330.

Corydon Democrat 5/17/89

The Evening News, Jeffersonville, Ind., Tuesday, May 16, 1989 5

Plans are finalized for senior citizen contests

The South Central Indiana Council for the Aging & Aged, Inc. is now accepting applications for the 1989 Area 14 Older Hoosier of the Year Award. The purpose of this award is to recognize an outstanding Hoosier (male or female) for a lifetime of service to the community and to encourage continued service.

The person selected for the local award must be 65 years of age or older, and reside in Clark, Floyd, Harrison or Scott county. The criteria that will be used to make the selection will be his/her accomplishments related to service to the community, and aging programs in particular.

The local award winner will then compete in the 17th annual state Older Hoosier of the Year Award. This is the highest honor bestowed on a senior by the Indiana Department of Human Services. The award will be presented by Governor Bayh at the 1989 Governor's Conference on Aging in South Bend in October.

The South Central Indiana Council for the Aging & Aged, Inc. is now accepting applications for the 1989 Senior Queen Award. This award recognizes a senior lady's accomplishments during her lifetime.

The award is open to any lady 65 years of age or older, residing in Clark, Floyd, Harrison or Scott county and having a record of service to her family, business, church and community. A candidate may not be employed by an organization receiving funds from the Indiana Department of Human Services. The nominees are judged on personality, civic contributions and an interview session.

The lady chosen to represent Area 14 will compete with 15 other area representatives at the Indiana State Fair for the title of Indiana Senior Queen. In addition, the Area 14 winner participates in several Harvest Homecoming events and serves as hostess at several agency functions.

This year, for the first time, the queen will be crowned at a Senior Prom (dance) to be held at the Ken Ellis Senior Center, located at 211 Martin Circle in Jeffersonville, on June 19 from 7-9 p.m. The Don Phillips Orchestra will provide the music and the cost for a ticket will be $2. Attire is dressy dress and reservations are limited to the first 200 people making reservations.

For further information, reservations or an application, call Earlene Bennett at 948-8330. The deadline for receiving applications is May 31, 1989. This award is sponsored in part by the South Central Indiana Council for the Aging & Aged, Inc., and the dance is in conjunction with the Jeffersonville Parks Department.

The Sunday Ledger-Tribune,
New Albany, Ind.,
Sunday, May 21, 1989

CONCERT TICKETS — The Floyd County Council for the Arts, represented by board member Dorice Roberts, recently donated 10 senior citizen tickets for a Louisville Orchestra concert to the Council for the Aging. Receiving the tickets is Thelma Bertrand, Council president. Tickets for the 8 p.m. Wednesday concert at Trinity United Methodist Church in New Albany are $8 for adults, and $6 for students and senior citizens. (Tribune Photo by Marti Wenz)

Applications Accepted for Senior Games

The Council for the Aging is now accepting applications for the third annual Senior Games of Indiana, to be held June 5 through June 9.

The first 500 seniors to sign up for one or more games will receive a free yellow T-shirt.

Monday, June 5, will be the Fun Walk and Frisbie Contest, with free lunch for the Fun Walkers and Bingo.

On Tuesday morning the Seniors are invited to play golf or fish. The fishermen/women will enjoy a free picnic lunch, followed by horseshoes in the afternoon.

The Wednesday attractions are one and/or two-mile walks, fun games with prizes, and the picnic lunch. In the afternoon the participants may play cards or bowl.

The Providence Retirement Home will host the games for the Nursing Home Residents in the four - county area. Lunch will be provided.

Swimming (with a free snack following the event) and a Health Fair are offered Thursday, June 8. Blood pressure, blood sugar, glaucoma and cataract testing, body fat, hearing, pulmonary function screening, and foot exams will be available at no charge: cholesterol testing will be $10.

The closing ceremonies, Friday, June 9, in the Grand Convention Center with door prizes, booths, entertainment, free lunch for participants and guests, and award of medals to the winners, will complete a fun-filled week.

Application blanks and a complete scheduled of times and events are available at the Council for the Aging, 134 E. Main St., New Albany. The games are for Seniors 60 years of age or older.

Registration fee of $5 covers all of the events with exception of the cholesterol test.

The 500 T-shirts will be in the office May 1 and will be distributed on a first come, first serve basis.

1989

SENIOR
GAMES
OF INDIANA

GETTING SUITED UP — Lee McClaren gets some help with the official Senior Games T-shirt from Sherrill Williams, left, deputy director of the South Central Indiana Council for the Aging and Aged, Inc., in preparation for the annual event sponsored by the council. The week of games will open Monday, June 5, at Preservation Park in Jeffersonville at 10:15 a.m., following a "Fun Walk" down Spring Street at 9:15. For information, call 948-8330. (Tribune Photo by Don Beck)

May 8, 1989

Sign-Ups Beginning For Senior Games

The Council for the Aging is now accepting applications for the third annual Senior Games of Indiana to be held June 5-9.

The first 500 seniors to sign up for one or more games will receive a free yellow T-shirt.

Events this year include the Fun Walk, Frisbie Contest, free lunch for the Fun Walkers and Bingo on Monday, June 5.

On June 6, seniors are invited to play golf or fish. Those fishing will enjoy a free picnic lunch, followed by horseshoes in the afternoon.

The one and two mile walks will highlight June 7. There will also be games with prizes, and a picnic lunch. In the afternoon the participants may play cards or bowl.

The Providence Retirement Home is hosting games for nursing home residents in the four-county area. Lunch will be provided.

Swimming (with a free snack following the event) and a Health Fair are offered on Thursday, June 8. Blood pressure, blood sugar, glaucoma and cataract testing, body fat, hearing, pulminary function screening, and foot exams will be available at no charge; Cholesterol testing will be $10.

Closing Ceremonies will be on June 9 at the Grand Convention Center with prizes, booths, entertainment, free lunch for participants and guests, and award of medals to the winners will complete the day and the week.

Application blanks and a complete schedule of times and events are available at the Council for the Aging, 134 E. Main St., New Albany. The Games are for Seniors 60 years of age or older.

The registration fee of $5 covers all of the events with the exception of the cholesterol test.

The 500 T-shirts will be in the office May 1, and will be distributed on a first come-first served basis.

Seniors' events

The Council for the Aging is now accepting applications for the third annual **Senior Games of Indiana** to be held June 5-9. The first 500 senior citizens (age 60 and older) to sign up will receive a free T-shirt.

Activities, to be held at various locations, will include a fun walk, Frisbee-throwing contest, bingo, 1- and 2-mile walks, cards, bowling, swimming and a health fair. Closing ceremonies will be held in the Grand Convention Center, 138 E. Market St., New Albany.

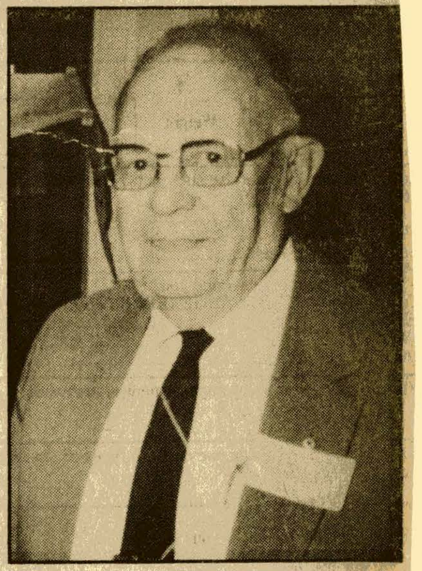
Application forms and schedules are available at the Council for the Aging, 134 E. Main St., New Albany. The $5 registration fee covers all events except an optional $10 cholesterol test. For more information, call 948-8330.

The Floyd County Chapter of the **American Association of Retired Persons** will meet at 1 p.m. Friday in Murr Hall at Trinity United Methodist Church, 2796 Charlestown Road, New Albany. The meeting will feature a slide program on Jerusalem. The group is open to anyone 50 or older.

The Young At Heart Seniors will meet at 11:30 a.m. next Wednesday at First Baptist Church,

May 10, 1989

Day Named Volunteer Of Year



EDGAR DAY
Interfaith Volunteer of the Year

Edgar Day was recently proclaimed 1988 Volunteer of the Year at the annual meeting of Interfaith Community Council.

Executive Director George Beury said that while associated with Interfaith, Day served on the board of directors and was the board's representative to the Advirsory Council of the Retired Senior Volunteer Program (RSVP), a program of the Council.

Day also served on the search committee which selected the present RSVP director, arranged for the council to have a community garden on the grounds of Our Lady of Perpetual Help Church and for the Retired Businessmen's Association to advise the council's Child Development Center on financial matters.

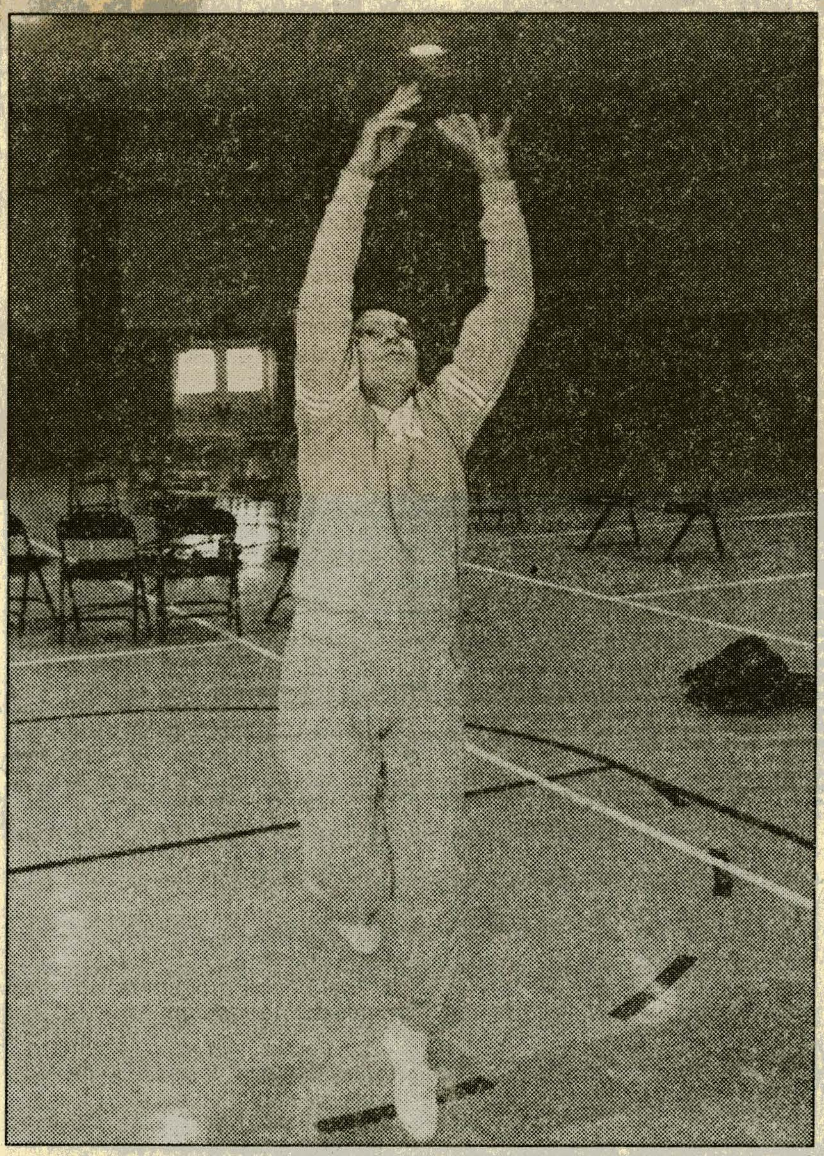
In addition to Day's work for Interfaith, he has also served on the planning committee for the annual Community Prayer Breakfast, the board of directors of the Salvation Army and its Christmas program, was elected Senior Volunteer by the Council on Aging and Aged several years ago and has served Perpetual Help Church in many capacities.

He is the former owner of D Lumber Company.

New Albany Tribune
2/27/89

May 10, 1989

Senior ball players not hiding light under basket



Photos by Bud Kraft

At a recent seniors' practice session, Darlene Evans, at left, put up a jumper. At right, Hattie Johnson tossed a ball toward a grocery cart.

By SHIRLEY WILLIAMS
Indiana Weekly Staff Writer

Earlier this year the New Albany Parks and Recreation Department arranged for a group of senior citizens to play basketball every week or so at the Griffin Street Activities Building.

Never mind that they shoot the ball any old way and are apt to call it pitching instead of shooting. It's good fun and exercise, and when they played competitively recently, *both* teams scored more than 200 points — more than the scoreboard could register.

Of course, it wasn't exactly regulation basketball. But this isn't exactly a regulation team. The age range is 57-90.

The players are picked up at home and brought to the center by a parks department bus, except for five who come by van from a group home for the mentally handicapped, said recreation director Kathy Wilkerson. Forty seniors — all but four are women — are involved, but the group usually numbers between 25 and 30, because illnesses, doctor's appointments and the like cause some to be absent each time.

For their first practice session recently, folding chairs were set up in a ring around two grocery carts in the middle of the gymnasium. The players sat down and took turns tossing lightweight balls at the carts to get the feel of handling and shooting the ball.

"For some — other than bowling — this is about their only exercise," Wilkerson said. Sometimes she has the group walk around the gym floor to warm up. "We are not going to overdo this today," she told them.

"I never have played basketball," one woman remarked.

"I played in 1936," another said. "That's the year I got married."

"We don't want you to tire yourself out," Wilkerson cautioned. "We don't want anyone having a muscle strain."

She told Grace Yates, 83, that "the ball you have doesn't bounce much, so you get another try. Scoot your chair back just a little bit. This time we're not going to rebound for you. If you miss it somebody has to throw it back to you. Oh-oh, dead ball! Wait a minute, I'll get it," Wilkerson said.

"Play it like you mean it, that's the way to do it," Wilkerson told 80-year-old Eva Wood. "Throw it hard, hard! Make it come down hard. Don't say you can't."

"It's a hard job," said Blanche Russell, 88. "Let somebody else do it." Then she stood up and threw her ball into one of the carts.

"Mrs. N., I know you can do it," Wilkerson said to 90-year-old Ethel Nicholson. "Go on and try. Make another slam dunk!"

Soon Wilkerson had them on their feet. "Practice passing," she said. "No dribbling today. Just get used to the feel of the ball. Toss it up in the air. Get used to catching the ball.

"Did anybody's arm hurt? G-o-o-d! Now I want anyone who feels like it to walk over here to the big basket."

The big basket is a portable basketball goal that has been set up for the group's use. At just 6 feet, it's 4 feet lower than the regulation goals at the gym.

Some of the women took off their shoes before they ventured out to shoot at the basket, but they kept their hats on.

"Take your time, take your time," Wilkerson cautioned. "Slow down and get it right in the middle of the basket! This is fun! The more hollering you do the more points we get. That's what we want. We're going to turn that scoreboard on next week! We're going to line up two or three teams for you-all."

Wilkerson told them a seniors' team in Louisville was interested in a match with the New Albany group. Then Betty Keith, 57, made three baskets in a row. "I'm going to call them and tell them you're ready to play *now!*" Wilkerson said.

The Louisville team backed out. However, Wilkerson soon located a team at the Ken Ellis Center in Jeffersonville willing to challenge her Griffin Street team; and three weeks later the two teams had their first game.

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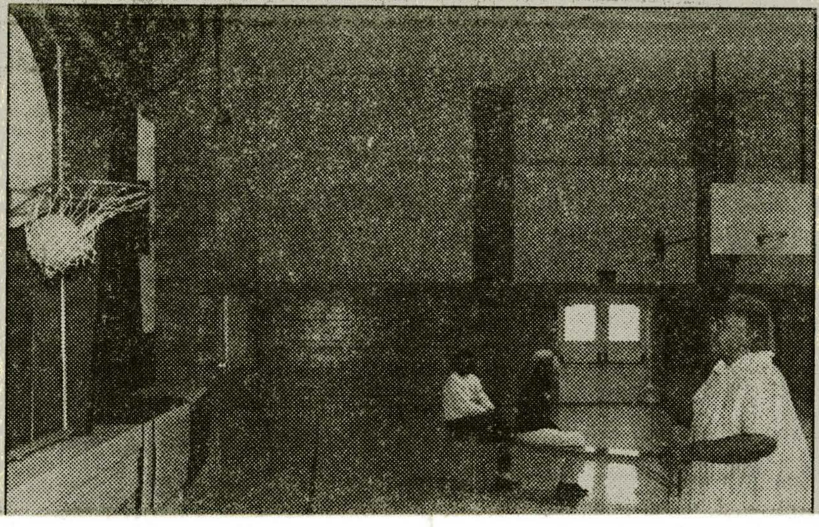
Recreation director Kathy Wilkerson, at right, helped Mardell Wakeland polish her shooting skills.

At the game



3rd annual Senior Games scheduled June 5-9 in Clark-Floyd

The third annual Senior Games will be held June 5-9 at different locations in Clark and Floyd Counties. The games are for people 55 years old or older in Area 14, which includes Clark, Floyd, Harrison and Scott Counties.

The following is a schedule of events for the week:

MONDAY, JUNE 5

9:15 a.m. — The fun walk will be down Spring Street in Jeffersonville. It will start at the corner of Spring and Maple Streets.

10:15 a.m. — The opening ceremonies, which include the release of 1,000 balloons, will be held in the Preservation Park at West Market Street in Jeffersonville.

11 a.m. — Following the opening ceremonies, there will be a Frisbie Contest at the Clark Arms Park in Jeffersonville. The frisbies and prizes are donated by the John-Kenyon Eye Center.

Noon — Participants are invited to a free lunch. Pizzas will be furnished by Little Caesars Pizza (Bill and Mary Nesom). Beverages will be donated by Winn-Dixie. Dessert will be provided by Drs. Bradley C. Black and Julie S. Lee.

1 p.m. — Super Bingo games at the Clark Arms Park will complete the day. The John-Kenyon Eye Center will give a grand prize.

TUESDAY, JUNE 6

8 a.m. — Bring your golf clubs to Twilight Golf Course at 5316 Hwy. 62. The Hartfield Company is sponsoring the golf outing.

8 a.m. to noon — The fishing contest will be held at Community Park in New Albany. Medals will be awarded to the persons catching the largest fish (by weight), the longest fish and the most fish. Everyone must furnish his/her own pole and bait. Dinner will be provided by the John-Kenyon Eye Center.

1:00 p.m. — There will be a horseshoe pitching contest at Community Park in New Albany.

WEDNESDAY, JUNE 7

8 to 10 a.m. — The one- and two-mile walk will start on the Indiana University Southeast campus in New Albany.

10 a.m. to 1 p.m. — After the walks, there will be "fun games" and a free picnic lunch provided by the Marriott Food Service and the Kentuckiana Food Service. The fun prizes will be provided by the John-Kenyon Eye Center.

1 to 4 p.m. — Euchre, bridge, pinnocle and checkers will be played in the Hoosier Room at Indiana University Southeast. Cookies and punch will be provided by Yesterday House.

1:15 to 4 p.m. — There will be bowling at Blackiston Bowl at 1516 Blackiston Mill Road in Clarksville. Trophies provided by the American Eye Institute are to be given for the highest score in the right age bracket for men and women in two categories: beginners and non-beginners. A snack for the first 200 people who sign up will also be provided by the American Eye Institute.

THURSDAY, JUNE 8

8:30 a.m. to 3:30 p.m. — The Health Fair will be held at Trinity United Methodist Church at 2796 Charlestown Road in New Albany. The event is co-sponsored by the Jeffersonville and Floyd County Chapters of the American Association of Retired Persons (AARP).

Blood pressure and blood sugar screenings and glaucoma, body fat, hearing tests, foot examinations, and denture and nutrition information will be offered free-of-charge. There will be a $10 charge for cholesterol tests.

The groups involved in the event, besides the sponsors, include John-Kenyon Eye Center, Floyd Memorial Hospital, Miracle Ear, Dr. Bradley C. Black, Dr. Julie S. Lee, Floyd County Extension Office, David H. Bolonkin, American Heart Association, Dr. Ronald Leo Receveur and Clark County Memorial Hospital.

Also involved in the event are Akin Medical Center, Jeffersonville YMCA, American Eye Institute, Visiting Nurse Association of Southeastern Indiana, Consumer Pharmacy, Norton Senior Connection and the South Central Indiana Council for the Aging and Aged, Inc.

10 a.m. to 1 p.m. — Games for nursing home residents will be held. Providence Retirement Home, which is located at 701 E. Spring St. in New Albany, will host this event. Lunch will be provided by Sisters Barbara Ann Zeller and Maria Smith.

1 to 3 p.m. — The swimming event will be held at New Albany High School, which is located at 1020 Vincennes Street. An innertube race and an air mattress race have been added to this year's events. Medals will be awarded to the winners. It is requested that participants in the swimming events should not eat a large lunch. Snacks will be provided.

FRIDAY, JUNE 9

Closing ceremonies will be held at the Grand Convention Center at 138 East Market Street in New Albany.

9:30 a.m. — The doors will open. There will be booths to visit.

10:15 a.m. — "The Bavarians," a German band, will play.

11:15 a.m. — The introductions will be given.

11:45 a.m. — There will be a free lunch.

12:45 to 1:30 p.m. — Door prizes will be given, followed by the awarding of medals and plaques.

IN CASE OF RAIN

The following is the re-scheduling of different events in case of rain:

June 5 — There will be no fun walk. The opening ceremonies, lunch and bingo will be held at Ken Ellis Center in Jeffersonville.

June 6 — The golf event will be held June 8 at Twilight Golf Course at 8 a.m.

June 7 — There will be no one- and two- mile walks, picnic, or fun games. The card games and bowling will remain as scheduled.

Registration forms may be picked up at several locations in the area or they may be obtained by contacting the South Central Indiana Council for the Aging and Aged, Inc., 134 E. Main St., New Albany, 948-8330.

Evening News 5/24/89

May 10, 1989

Senior ball players not hiding light under basket

By SHIRLEY WILLIAMS
Indiana Weekly Staff Writer

Earlier this year the New Albany Parks and Recreation Department arranged for a group of senior citizens to play basketball every week or so at the Griffin Street Activities Building.

Never mind that they shoot the ball any old way and are apt to call it pitching instead of shooting. It's good fun and exercise, and when they played competitively recently, *both* teams scored more than 200 points — more than the scoreboard could register.

Of course, it wasn't exactly regulation basketball. But this isn't exactly a regulation team. The age range is 57-90.

The players are picked up at home and brought to the center by a parks department bus, except for five who come by van from a group home for the mentally handicapped, said recreation director Kathy Wilkerson. Forty seniors — all but four are women — are involved, but the group usually numbers between 25 and 30, because illnesses, doctor's appointments and the like cause some to be absent each time.

For their first practice session recently, folding chairs were set up in a ring around two grocery carts in the middle of the gymnasium. The players sat down and took turns tossing lightweight balls at the carts to get the feel of handling and shooting the ball.

"For some — other than bowling — this is about their only exercise," Wilkerson said. Sometimes she has the group walk around the gym floor to warm up. "We are not going to overdo this today," she told them.

"I never have played basketball," one woman remarked.

"I played in 1936," another said. "That's the year I got married."

"We don't want you to tire yourself out," Wilkerson cautioned. "We don't want anyone having a muscle strain."

She told Grace Yates, 83, that "the ball you have doesn't bounce much, so you get another try. Scoot your chair back just a little bit. This time we're not going to rebound for you. If you miss it somebody has to throw it back to you. Oh-oh, dead ball! Wait a minute, I'll get it," Wilkerson said.

"Play it like you mean it, that's the way to do it," Wilkerson told 80-year-old Eva Wood. "Throw it hard, hard! Make it come down hard. Don't say you can't."

"It's a hard job," said Blanche Russell, 88. "Let somebody else do it." Then she stood up and threw her ball into one of the carts.

"Mrs. N., I know you can do it," Wilkerson said to 90-year-old Ethel Nicholson. "Go on and try. Make another slam dunk!"

Soon Wilkerson had them on their feet. "Practice passing," she said. "No dribbling today. Just get used to the feel of the ball. Toss it up in the air. Get used to catching the ball.

"Did anybody's arm hurt? G-o-o-d! Now I want anyone who feels like it to walk over here to the big basket."

The big basket is a portable basketball goal that has been set up for the group's use. At just 6 feet, it's 4 feet lower than the regulation goals at the gym.

Some of the women took off their shoes before they ventured out to shoot at the basket, but they kept their hats on.

"Take your time, take your time," Wilkerson cautioned. "Slow down and get it right in the middle of the basket! This is fun! The more hollering you do the more points we get. That's what we want. We're going to turn that scoreboard on next week! We're going to line up two or three teams for you-all."

Wilkerson told them a seniors' team in Louisville was interested in a match with the New Albany group. Then Betty Keith, 57, made three baskets in a row. "I'm going to call them and tell them you're ready to play *now!*" Wilkerson said.

The Louisville team backed out. However, Wilkerson soon located a team at the Ken Ellis Center in Jeffersonville willing to challenge her Griffin Street team; and three weeks later the two teams had their first game.

Folding chairs and portable bleachers were set up in a horseshoe formation with the low basketball goal at the open end; two grocery carts were set up in the center for the first part of the game. (Remember, this isn't regulation basketball.)

Wilkerson suggested that anyone who didn't feel up to playing could help lead cheers with a batch of red, white, blue, orange and yellow pompons that were on hand. "The reason you have the pompons is we want you to holler — we want you to get crazy! You're the home team on the scoreboard," she said.

When the Ken Ellis people arrived there was a lot of hugging and handshaking among friends who would soon oppose each other in the game: "Hi baby, how you doing?" "Fiona, we need you, you're on the wrong team!" "How're you doing? You're awful dressed up today."

"We want to welcome all our friends from Ken Ellis," Wilkerson said. "All right, let the games begin! You-all are TOO GOOD!"

She assigned the home team seven yellow balls, the visitors seven orange ones. They began by shooting for the grocery carts, earning two points for every ball that stayed in the cart, three points for balls that stayed in the child's seat on the cart.

"When you hear the whistle you shoot the ball — you throw it in one time," Wilkerson said. "You can't throw it any more until you hear the whistle again. We have to count the balls. Now let's all get ready."

The Ken Ellis team made 13 points, Griffin 4. And so it went, with Ken Ellis in the lead through the first half.

Jessie Bennett, 65, did a victory dance for Ken Ellis, waving pompons.

Halfway through the six-minute game, Wilkerson announced that they were all in such good shape that "we don't need a water break." It was time to start the second half. "We change balls instead of goals," Wilkerson said. "Now Ken Ellis has the yellow balls, Griffin the orange."

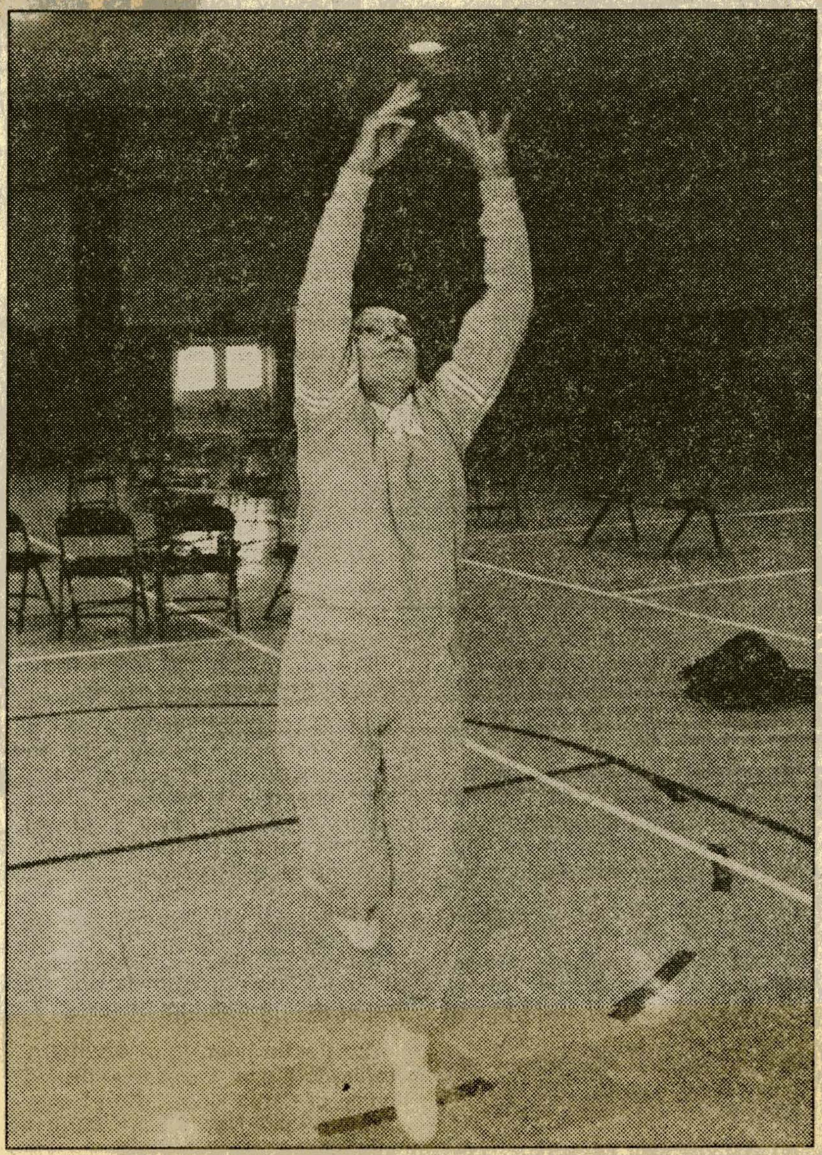
"Put them orange ones in there!" someone yelled as, briefly, Griffin took the lead.

After the grocery cart shots, each player got two tries at making a conventional basket worth 10 points. This made scores climb rapidly. The final score was Home 230, Visitors 257.

Bennett, jubilantly shaking hands with friends, said she had made 30 points.

Both teams joined in a final cheer: "2, 4, 6, 8, who do we appreciate? Seniors! Seniors! Seniors! Yea-a-a-a!"

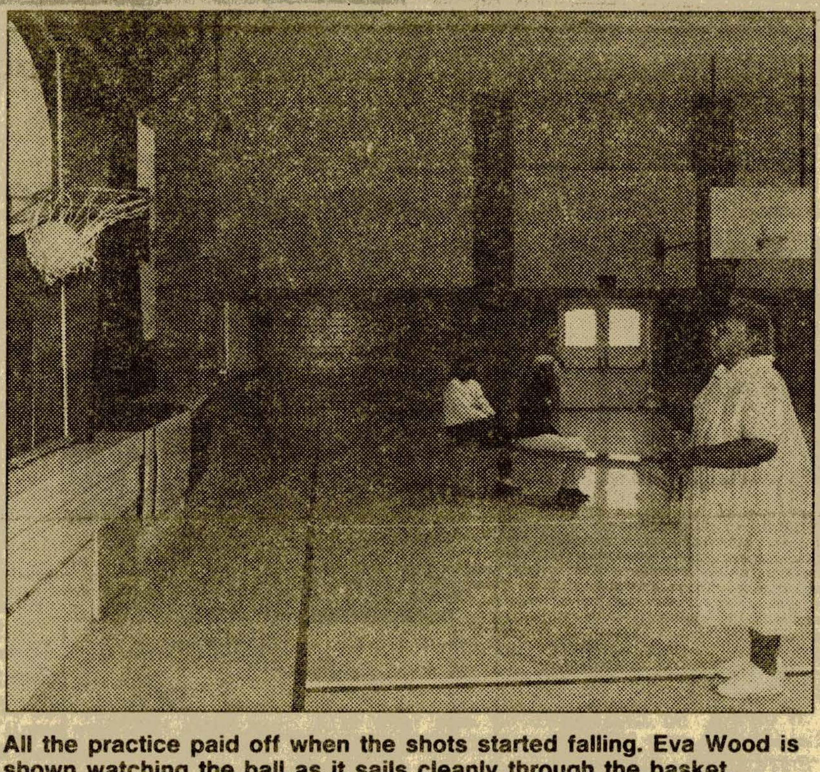
They had worked up appetites for the post-game "victory dinner" of sloppy joes, potato salad, green beans, soft drinks and cake.



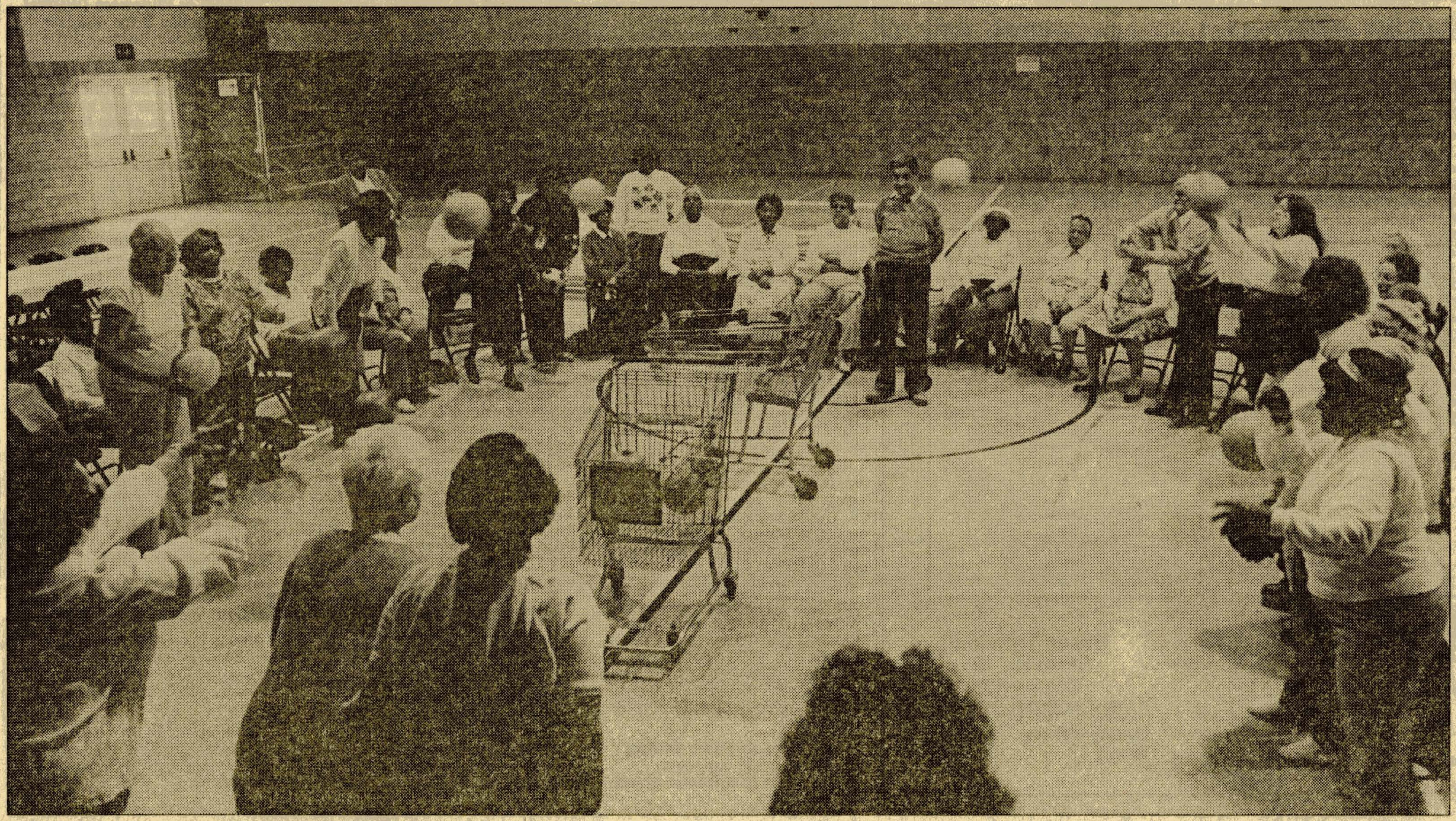
Photos by Bud Kraft

At a recent seniors' practice session, Darlene Evans, at left, put up a jumper. At right, Hattie Johnson tossed a ball toward a grocery cart.

Recreation director Kathy Wilkerson, at right, helped Mardell Wakeland polish her shooting skills.


All the practice paid off when the shots started falling. Eva Wood is shown watching the ball as it sails cleanly through the basket.

At the game between the Griffin Street group and the Ken Ellis group, below, players tossed balls at carts.



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She's Made Senior Care Her Life

By KATHY DOUGHERTY

When Thelma Bertrand speaks of the new event "Frisbee Golf" for this year's Senior Games, to be held all next week, she shows excitement that the number of participants has grown from 12 to 106.

Bertrand coordinated the third annual Senior Games this year for the South Central Indiana Council For the Aged and Aging, as well as founded the first one when it began. This is Bertrand's 16th year with the council, and she was recently presented with the state's Jesse Dickinson Award for Advocacy from the Indiana Federation of Older Hoosiers. Bertrand said she had met Dickinson years ago, and that he'd spent his life serving others. "He was always for the underprivileged," she commented.

Working with senior citizens has been something Bertrand has felt a need for in this country. Growing up in Greenville, Bertrand's family operated a general store, where some of the elderly used to come in to sit and talk for awhile. "I became attached to people old enough to be my grandparents," she said.

Bertrand began as director of the Council For the Aging at a small office at the Parks and Recreation center on Ekin Avenue, in an office so small that if she or her secretary needed to open a file drawer, one of them had to step outside. She served as executive director for 10 years, and current executive director Pat Jewell credits her with initiating the office's growth.

"She had little to work with in terms of money or staff, and over an 11-year period she managed to build a strong organization and a comprehensive network of services for older people," commented Jewell.

TIRELESS ENERGY — Pat Jewell, executive director of the South Central Indiana Council for the Aging, at left, watches as Thelma Bertrand accepts the state's Jesse Dickinson trophy from Michael Hetzel, president of the local council's board of directors. Bertrand was honored for her work in providing programs to the elderly in four counties. (Tribune Photo by Kathy Dougherty)

The Council began organizing nutrition program sites for the elderly before former President Richard Nixon signed a bill into law that provided federal funds for such programs, according to Bertrand. She then was told of federal funds available, so she applied for a $50,000 grant to start a transportation program for those unable to come to the nutrition sites themselves.

The agency grew, and now provides comprehensive health, nutrition and financial programs for the elderly in four southern Indiana counties. "It was really great watching it," said Bertrand.

Jewell credited Bertrand's positive attitude as an inspiration to others in the community. "Thelma is one of the most energetic persons that I know and she focuses a great deal of that energy to community services and helping others. She's one of those people, that when you meet her she immediately puts you at ease," Jewell commented. "Because of her enthusiasm, people respond."

As a member of the American Association of Retired Persons (AARP) on both the state and local levels, Bertrand said she has been striving to get legislation passed to bring such benefits as the Choice program, which would fulfill the elderly's needs in their own homes, rather than having them institutionalized. She also has tried to help in the fight against elderly abuse, which she said is prevalent locally, as well as nationally.

Her goals now are to try to expand the number of events offered at the Senior Games, which boasted the most participants (300) out of any organization in Indiana. "I think that speaks so well of southern In-

(See 'She's Made,' page 3)

Tribune 6/1/89

She's Made Senior Care

(Continued from front page)

diana," commented Bertrand. She also said she hopes to establish a "more sophisticated" wellness program for the elderly in this area.

While she said she's always been career-oriented, her primary love is her husband, Paul, her two daughters, Susan a doctor in Montana, and Carol, a teacher in Beach Grove, Ind. She also enjoys time with her three grandchildren, and plans to travel with her family after the Senior Games is completed next week. Bertrand said retiring as executive director of the Council and working part-time there, leaves her many "choices" to spend her time working with others.

Bertrand said her healthiness stems from her positive outlook on life. "I'm seldom depressed. If I go to bed with a problem and I'm unhappy, I always wake up with a different outlook," she said.

Next week's Senior Games will begin Monday with a fun walk of all participants following Maurice John, M.D., director of the John-Kenyon Eye Center, carrying an Olympic-sized torch down Spring Street in Jeffersonville. The walk begins at 9:15 a.m. at Spring and Maple streets in Jeffersonville.

Ken Ellis Seniors Planning Trip To Madison And Vevay

4/14/89

Tribune

The Ken Ellis Senior Citizens Center in Jeffersonville is sponsoring a trip to Madison and Vevay April 24. They will visit the Lanier Mansion and craft shops in Madison and tour the Swiss Hotel and eat at the Ogle Haus Inn in Vevay. The cost is $11. They will leave the center at 9 a.m. and return at 3:30 p.m. For reservations, call 283-7356 or 282-2844.

The monthly dinner will be April 20, beginning at 10:15 a.m. Linda Moore will discuss nursing homes and Bill Dobson will play his harmonica. There will be a white elephant sale. Those attending should bring a covered dish.

This month's activities include arts and crafts, spiritual time, blood pressure checks, exercise classes, bingo, quilting and literacy school.

The center, located at 211 Martin Circle in Jeffersonville, is for persons 55 and older.

Seniors Ready For Games

6-4-89 Ledger Tribune

Events on Monday mark the beginning of the Third Annual Senior Games of Indiana.

Area senior citizens will take part in various activities, ranging from golf to bowling to an air mattress race during the week-long festivities.

Dr. Maurice John will carry the original Olympic torch as he leads the Fun Walk down Spring Street in Jeffersonville at 9:15 a.m. Monday. Following behind John will be the color guard from American Legion Post 35, Ordie Day Combo, Jeffersonville police, Mr. Sunnyside, and 400 seniors, clad in bright yellow t-shirts.

Opening ceremonies, the official kickoff of the games, will be at Preservation Park in Jeffersonville. Mayors Dale Orem of Jeffersonville and Robert Real of New Albany, along with Sandy Tope of Blue Cross and Blue Shield, and Doyle Owens of Indiana Bell will welcome participants and guests. One thousand balloons will be released and Patricia Jewell, executive director for the South Central Indiana Council for the Aging and Aged, Inc., will fire the gun signifying the official beginning of Senior Games of Indiana.

Each of the events is filled with anxious seniors ready to have fun. The largest events will be Closing Ceremonies, with over 400 seniors taking part, and on Opening Day with well over 300 participants scheduled to take part in the Fun Walk and Bingo events.

There will also be nearly 200 participants in the one-mile walk and health fair. The latter will offer a variety of medical tests, including blood pressure, blood sugar, cataract, glaucoma, body fat, and hearing tests, will be offered free of charge. Cholesterol tests will also be given for a $10 fee.

Among those participating in the health fair are Floyd Memorial and Clark County hospitals, John-Kenyon Eye Center, Akin Medical Center, Southern Indiana YMCA, Visiting Nurse Association of Southeastern Indiana, and Consumer Pharmacy.

Schedule Of Events

MONDAY, JUNE 5

9:15 a.m. — Fun Walk, begins at Spring and Maple streets in Jeffersonville

10:15 — Opening Ceremonies, Preservation Park, West Market Street, Jeffersonville

11:00 — Frisbee Contest, Preservation Park

Noon — Free Lunch, Preservation Park

1 p.m. — Super Bingo Games, Preservation Park

TUESDAY, JUNE 6

8 to noon — Golf, Twilight Golf Course, 5316 Highway 62, Jeffersonville; or Fishing Contest, Community Park, New Albany

1 p.m. — Horseshoes, Community Park

WEDNESDAY, JUNE 7

8 to 10 a.m. — One- and two-mile walks, IUS Campus, New Albany. After the walks, enjoy fun games and a picnic lunch on the campus.

10 a.m. to 1 p.m. — Games for nursing home residents, Providence Retirement Home, 701 E. Spring St., New Albany

1 to 4 p.m. — Bowling, Blackiston Bowl, 1516 Blackiston Mill Road, Jeffersonville; or Card Games, Hoosier Room at IUS.

THURSDAY, JUNE 8

8:30 a.m. — Health Fair, Trinity United Methodist Church, 2796 Charlestown Road, New Albany

1 p.m. — Swimming, New Albany High School

3 — Innertube race and air mattress race, New Albany High School

FRIDAY, JUNE 9

9 a.m. to 1:45 p.m. — Closing ceremonies, Grand Convention Center, New Albany.

6-16-89 Tribune

egion/Records

NEW CENTENARIAN — Ethel R. Lilly, center, recently celebrated her 100th birthday at the Green Valley Convalescent Center along with her sister Sister Adellide Geis, 90. Frances Hunter-Able, left, of the South Central Council For the Aged and Aging presented Lilly with a certificate from Gov. Evan Bayh's office as a member of the Century Club. Lilly attributes her long life to "hard work. If you raise 12 children, you've sure got a job. You're busy all the time."

(Tribune Photo By Kathy Dougherty)

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6-7-89 TRIBUNE

ENFORCE CURFEW — Police officers in New Albany and Floyd County will be stepping up enforcement of Indiana's 81-year-old juvenile curfew law now that school is out. The annual curfew campaign is the idea of the Floyd County Community Education Council, which recently distributed red curfew notices throughout the schools. This year the curfew citations were reprinted for police with a donation from the Altrusa Club of New Albany. Dividing up the new supply of citations forms are from left, City Police Chief Randy Hubbard, Floyd County Sheriff Tom Zoeller, Sheila Becovitz of the Altrusa Club, and Pat Cornwell, Community Education Council.

(Tribune Photo by Don Beck)

THE TRIBU

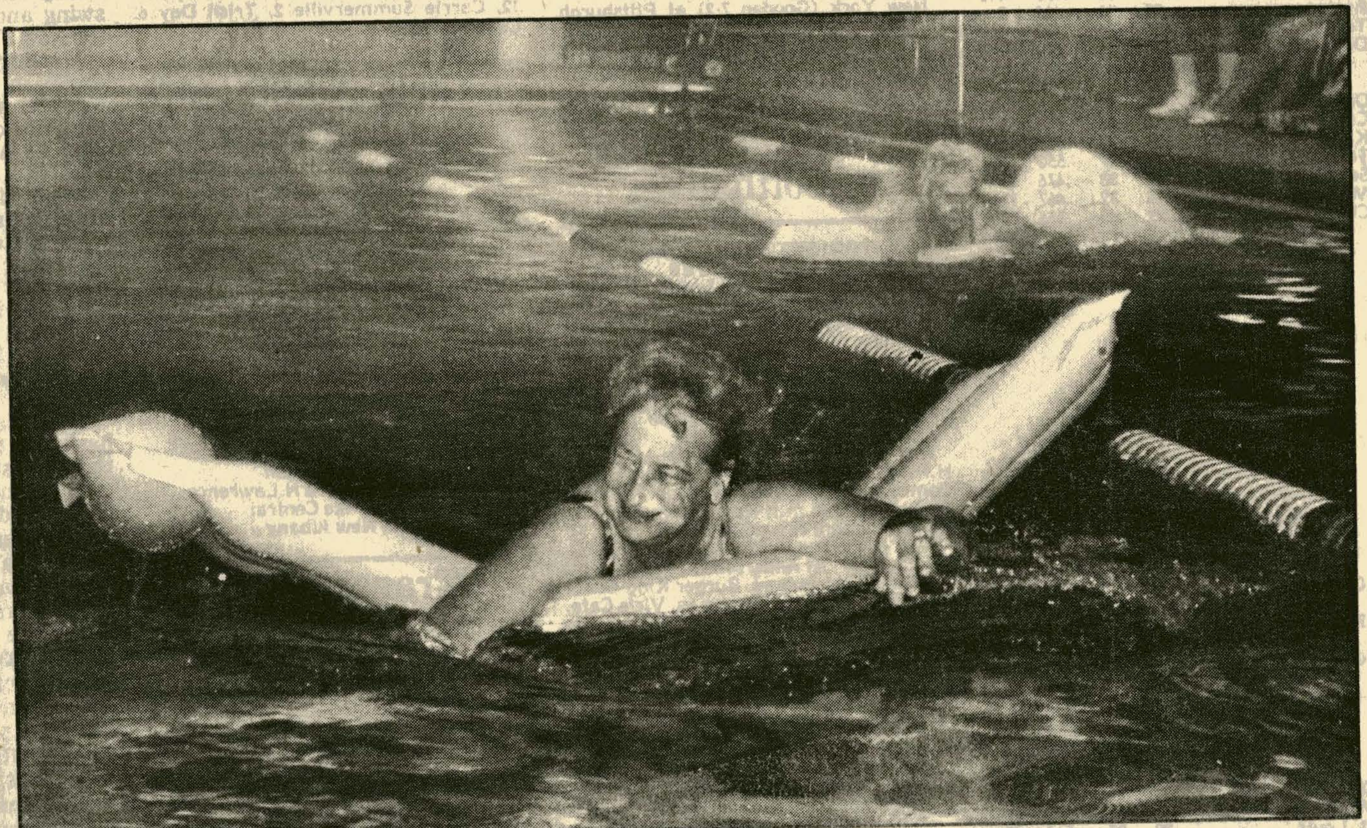
NEW ALBANY, INDIANA

101st Year, No. 112 28 PAGES Wednesday, June 7, 1989

ONLY AS OLD AS YOU FEEL — Putting their best foot forward today during walking events in the Senior Games are, from left, Gladys Blankenbeker, 79, of Jeffersonville; Frances Patzman, 99½, who is in town from Bismark, N.D., to visit her daughter, Virginia Armes of Floyds Knobs; Gordon Long, 83, of Clarksville; and Fred Owen, 81, of New Albany. As the annual competition rolled into its third day of activities this morning, hundreds of senior citizens converged on the Indiana University Southeast campus to step out in one- and two-mile walks followed by a picnic lunch and the awarding of prizes. Among those taking part were the above four "youngsters" whose ages total 342½ years.

(Tribune Photo by Do

Seniors Game For Fun



AIRING TENSIONS — Esther Rhoads, of New Albany, seems relaxed as she floats her way to the finish line during the air matress swimming event at New Albany High School during the Senior Games. Rhoads placed second in the air mattress and inner tube events.

(Tribune Photo by Kathy Dougherty)

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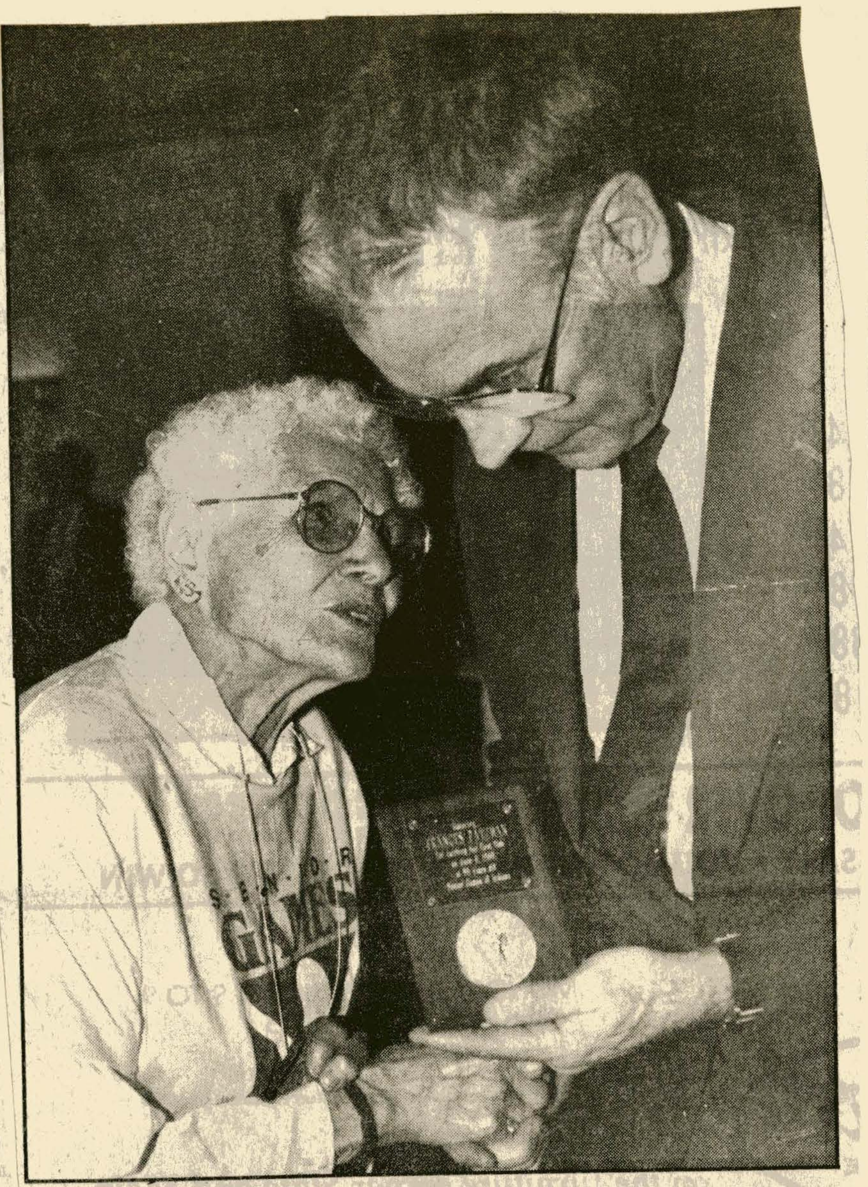
GAMES
SPONSORED BY

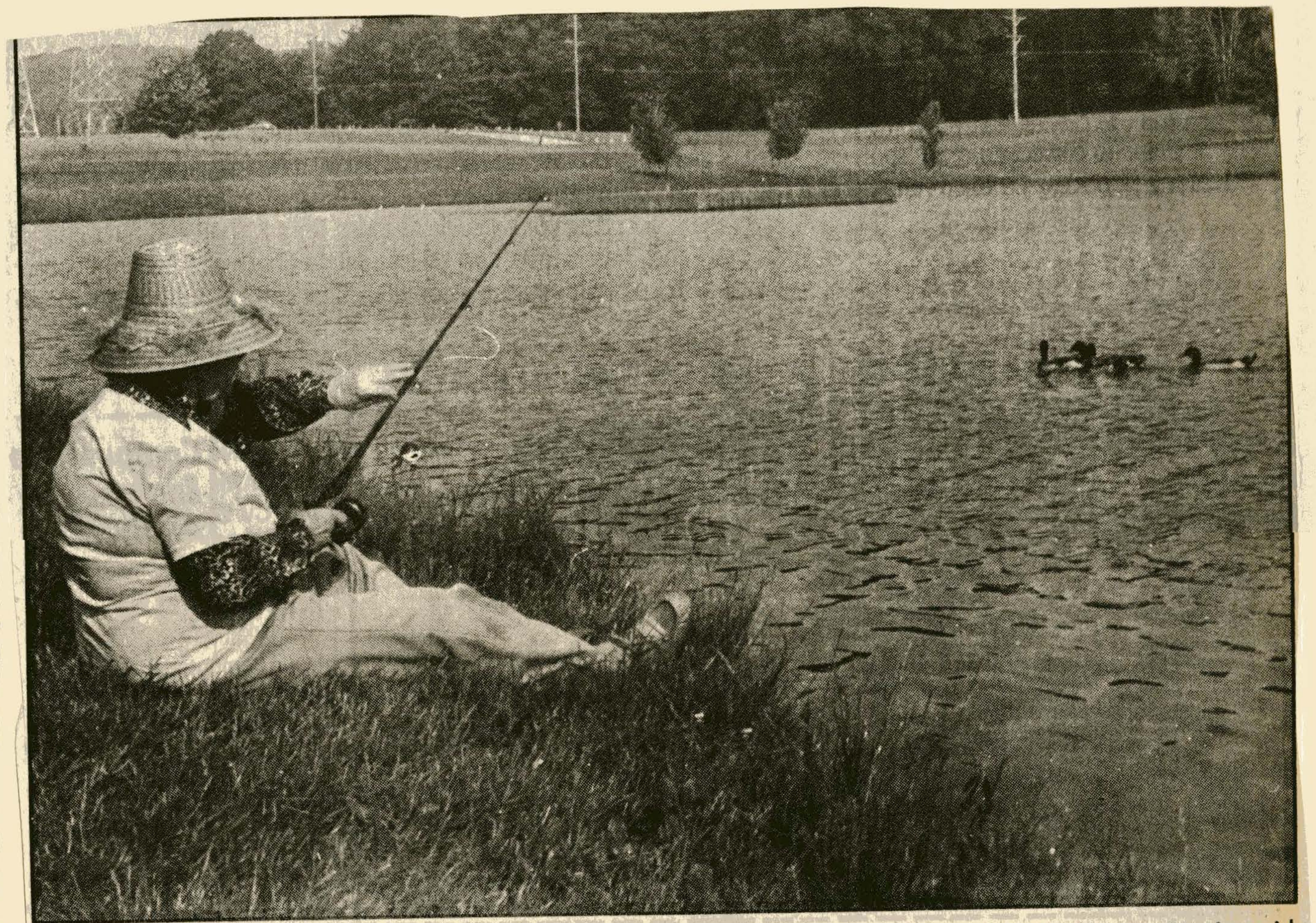
(Tribune Photo by Don Beck)

NUMBERS GAME — Jack Oberhausen, above, of New Albany concentrates on his bingo card as numbers are called. He was among over 300 senior citizens who played bingo as one of the indoor events of the annual week-long Senior Games.



HER FIRST FISH — U.S. Rep. Lee Hamilton (D-9th District) presented a special plaque today at the Senior Games awards ceremony to Frances Patzman, who said she caught the first fish in her 99½ years in the fishing contest at Community Park. (Tribune Photo by Don Beck)

6-9-89 TRIBUNE



GONE FISHIN' — New Albany resident Mary Riggins enjoys her little island spot to fish in the lake at Community Park while a flock of mallards approach her. Participating in the third annual Senior Games, Riggins said she's been involved every year.
(Tribune Photo by Kathy Dougherty)

TOSS 'O' THE BAG — Gene Constatine, a resident at Willow Brook Manor Nursing Home in Clarksville, tosses a bean bag at a target on the floor of Providence Retirement Home during the Senior Games.

(Tribune Photo by Kathy Dougherty)

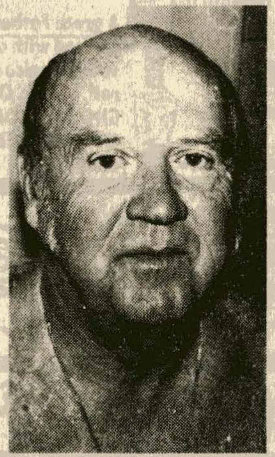
What did you gain the most out of this year's Senior Games?

Martha Fee, Scottsburg — "I walked the 2-mile walk. I think it's just the feeling that when you achieve something you set out to do you feel good. And, just being around these old people — you have to admire them. I think it's great that we have this. We don't want to be old, but we are."

Mac Pratt, Scottsburg — "My favorite event was the walk. The second was the swimming. Just being with the people, the social part. I've only been in the senior citizens games for two years."

Ethel Walter, New Albany — "I liked the walk. Everybody had a good time on that. What I enjoy the most is seeing the people and just meeting everyone I haven't seen in a long time. I had a lot of friends here I haven't seen in years."

Lee McClaren, New Albany — "I liked it all. I like the party. I participate in almost everything — bridge, bowling, swimming, health fair, all of it. This is my second or third year. I just think it's great that there are senior citizens that are able to do this."



Tony Walter, New Albany — "Swimming is my favorite, Number One, and walking Number Two. I placed Number Five in the 2-mile walk. I think it's great that the Council for the Aging had these things. My parents and most of these people's parents didn't have this. So I think it's a tribute to all of us. This should be a fun-filled week for everyone 55 or over."

David McCoo Jr., New Albany — "I liked the swimming because I've always been a swimmer. I think it's good to be with people your age and enjoy friendly competition — with the emphasis on friendly."

6-15-89 TRIBUNE

NE 15, 1989 JEFFERSONVILLE, INDIANA A PARK NEWSPAPER

Staff photo by Eugene Embry

EVENING NEWS Advertising Manager Marc Leuthart, left, receives a plaque from South Central Indiana Council for the Aged and Aging, Inc. Executive Director Pat Jewell. The Evening News is working closely with the council in developing the Golden Opportunities monthly supplement, which is a section devoted exclusively to area senior citizens.

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tickets, available at Ticketron

Council Planning Trip To Indiana State Fair

TRIBUNE 7-18-89

The South Central Indiana Council for the Aging and Aged, Inc., is sponsoring Area 14 Day at the Indiana State Fair on Friday, Aug. 25. Local musicians will be providing entertainment on that day in the Senior Citizens Building.

Persons 55 years of age or older who are residents of Clark, Floyd, Harrison and Scott counties are invited. Air-conditioned buses will leave various pick-up points at 9 a.m. (EDT) and will return at approximately 7 p.m.

The trip fee will be $13 which includes transportation to and from the fair and an admission ticket. The fee does not include meals and cannot be refunded. The trip fee will be accepted at the Council on Aging office, 134 E. Main St., New Albany, Monday-Friday, from 8 a.m.-4:30 p.m., beginning in August. A limited number of seats are available on a first-come, first-served basis.

In addition, Indiana residents over the age of 60 may enter the State Fair Art Contest. Each exhibitor will be allowed two entries which must have been completed by the artist after the age of 60. Previous entries are not eligible. There is no entry fee or pre-registration.

Entries will be received Friday, Aug. 11, in the Senior Citizens Building, Indiana State Fairgrounds, between 10 a.m. and 2 p.m. Entries must be picked up Monday, Aug. 28, between 9 a.m. and noon only.

Entries must be hand delivered — no entries will be received or returned by mail. Entries will not be accepted after 2 p.m. Aug. 11.

The art contest will consist of the following categories and divisions:

- Painting-oil; acrylic; watercolor; pencil or pastel, advanced division and amateur division.
- Sculpture-open division.
- Photography-open division.

Advanced is defined as one who has successfully completed a course in the field of art.

Amatuer is defined as one who has not been trained in the field of art or who engages in art as a pasttime only.

For more information on the State Fair Trip or to obtain Art Contest entry forms, please contact Earlene Bennett at 948-8330.

TRIBUNE 7-2-89

AREA 14 1989 OLDER HOOSIER

OLDER HOOSIER AWARD — The awards luncheon for the 1989 Older Hoosier of the Year was held at Mark Elrod Towers where they announced the winner of the Area 14 award. The award, sponsored by South Central Indiana Council for the Aging and Aged, Inc., was presented by Earlene Bennett, coordinator, right, to Delores Pegues, who will now represent the Area 14 chapter when the state winner is selected during the annual Governor's Conference in October.

(Tribune Photo by Don Beck)

6-30-89
TRIBUNE

Aid Available

South Central Indiana Council for the Aging and Aged, Inc. will accept proposals until 4 p.m. on Aug. 14 for services for the elderly as set forth under the Older Americans Act.

Service delivery area includes Clark, Floyd, Harrison and Scott counties.

For information, contact Sherrill Williams, 134 E. Main St., New Albany, Ind. 47150, 948-8330.

NTY EXTRA

July 1989

HEALTH AND FITNESS

SENIOR GAMES OF INDIANA

Skin Care Myths

Experts Contradict Widely-Held Beliefs

In a culture as youth oriented as ours, "aging well" rather than "living well" has become "the best revenge." And, although "aging well" encompasses everything from health to mental attitude, most people focus upon physical appearance.

But like many other hotly contested topics, aging and how to "control" it have inspired an avalanche of information, much of it inaccurate. Consider the following skin care myths, subscribed to by many women, but each flatly contradicted by clinical evidence from the Oil of Olay Research Group:

- *Increasing Your Daily Intake of Water Improves Your Skin's Moisture Content.*

Although drinking eight glasses of water each day and eating such water-rich foods as fruits and vegetables is an important strategy for maintaining appropriate moisture levels in the skin, there is no evidence that increasing one's water intake beyond recommended levels increases moisturization.

A more effective strategy is to apply a moisturizer, bringing water directly to the skin's outermost layers and creating a barrier to transepidermal water loss, the natural and ongoing evaporation of body water from the skin's surface.

- *Soap and Water is the Most "Natural" Cleansing Routine.*

Although proper cleansing is absolutely essential to healthy, young-looking skin, there is nothing "natural" about the drying alkali residue that many soaps leave on your face after rinsing. Many women prefer to use cleansing lotions, such as Oil of Olay Daily Cleansing Lotion, which thoroughly remove dirt and makeup without stripping skin of essential moisture. If you prefer soap, be sure to select one that contains moisturizers such as Oil of Olay Daily Cleansing Bar.

- *Skin Care Products That Contain Collagen Are More Effective Than Those That Do Not.*

Collagen is an essential protein that gives skin its tone and elasticity. As we age, this collagen gradually breaks down and the skin begins to sag. The myth about collagen-enriched skin care products is that collagen can be replaced by topical applications of these products.

The reality is that the collagen molecules in such products are too large to penetrate beyond the skin's outer layers into the dermis that needs rebuilding. At best, these products will bind additional moisture to the skin's surface, as does any moisturizer.

- *Moisturizers Can Only Worsen the Condition of Combination— Partially Oily and Partially Dry—Skin.*

Clinical studies conducted by the Oil of Olay Research Group have confirmed that Olay actually normalizes combination skin. While providing moisture to dry areas, Oil of Olay has been proven to reduce surface oiliness in the T-zone of forehead, nose and chin.

- *A Facial Moisturizer Cannot Be Used on Other Parts of Your Body.*

The dryness, wrinkling and loss of elasticity that characterize the aging process are not restricted to the face. Indeed, the neck is one of the first parts of the body to show aging and should be moisturized just as the face is. But don't stop there. A facial moisturizer can be effective in relieving dry, wrinkled skin on such problem areas as elbows, legs, even fingernails.

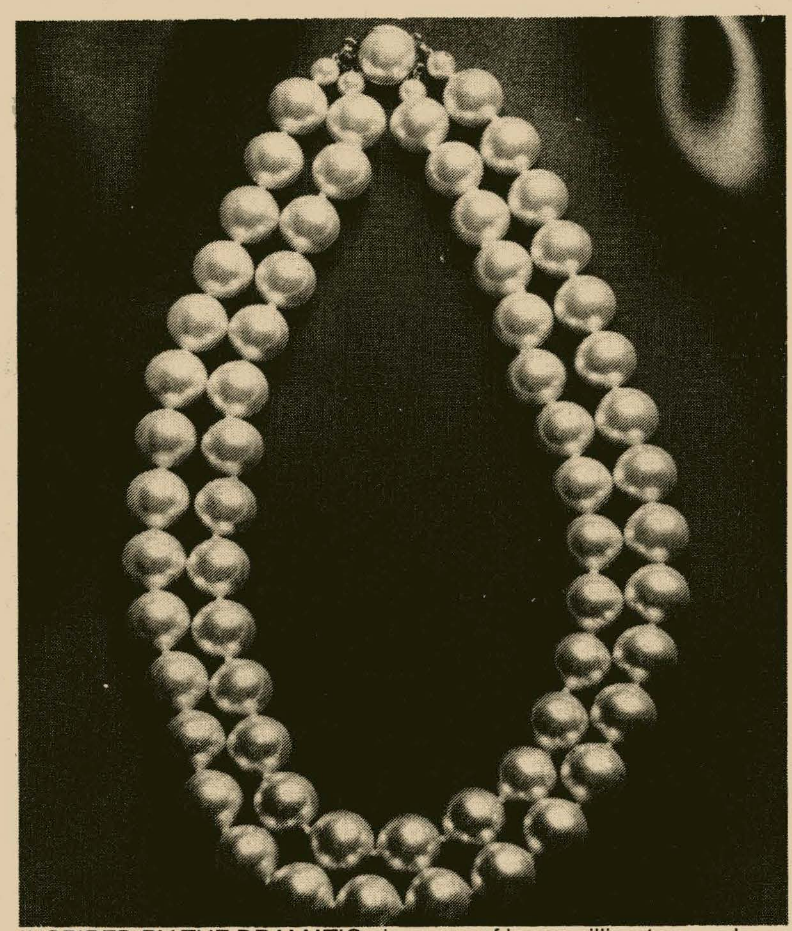
- *Skin Care Products Can "Reverse" the Aging Process.*

This is perhaps the most enduring skin care myth because it is the one everyone most wants to believe. "Although a good product will take older skin and make it look and feel younger, there is no cosmetic skin care product that has been proven to make it biologically younger," says Harris Cutler, Vice President and Division Counsel for Richardson-Vicks USA, which produces Oil of Olay. Indeed, the anti-aging claims made on behalf of many products came under scrutiny earlier this year by the Food and Drug Administration.

Working At Home Works

Today more than 20 million Americans, young and old alike, are involved in some activity to earn money at home, and although the number has almost doubled since 1972, it is now about to boom!

Several factors are responsible for this. One is that America is changing from an industrial society to an information society. The key factor here is that information can be handled in smaller places like the home. People do not need the office or factory to handle information. Another is that employers plagued with rising costs like rent, employee benefits, etc., have begun to reorganize their operations and encourage work-at-home operations with special pay arrangements for those people.



INSPIRED BY THE DRAMATIC elegance of large millimeter pearls so much in vogue now, Majorica Jewelry, Ltd., introduces "The White House" collection, a stylish array of fashionable pieces designed to showcase the classic beauty of Majorica pearls. Created by a secret method that closely resembles the process used by oysters, these flawless man-made "organic" pearls are exceptional in luster and iridescence and are backed with an international 10-year guarantee. The collection includes single, double, and triple strand necklaces in 8 millimeters, 10 millimeters, 12 millimeters and 14 millimeters pearls and lengths of 15 inches, 16 inches and 18 inches as well as earrings. The "White House" collection by Majorica is available nationally at fine department stores.

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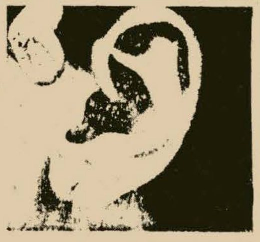
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Clark doctors cut some fees to Medicare levels

By MICHAEL QUINLAN
Staff Writer

JEFFERSONVILLE, Ind. — Clark County physicians believe they have a cure for the financial woes of many lower-income Medicare patients.

The Medicare Assistance Program being promoted by the Clark County Medical Society calls for physicians to slide back their fee scale for low-income patients. Under the plan, these patients will not be charged more than what is covered by Medicare.

Because Medicare pays only a portion of health-care costs, with the rest coming out of the patient's pocket, "many people who need health care don't go to the doctor because they can't afford it," said Dr. Thomas A. Neathamer, chairman of the medical society's Medicare Assistance Program committee.

For example, Neathamer charges $28 for a routine office visit. Medicare pays only $19 of that. The rest is paid by the patient, who may or may not have supplemental insurance.

"With this program they don't pay anything," said Neathamer, who acknowledges that the motivation behind the program isn't totally altruistic. "There's also a selfish reason" behind the physicians' drive to start the program, he said.

During the past few years, five states have passed legislation requiring physicians to charge all Medicare patients no more than the amount paid by Medicare, and two similar bills have been introduced in the Indiana General Assembly in the past three years, but died without a hearing.

By enacting a program that targets only lower-income Medicare patients, the medical society hopes to forestall future legislation in Indiana, Neathamer said.

"If mandatory assignment on all Medicare patients comes to pass, we (physicians) will lose money on every Medicare patient we see." The Medicare Assistance Program, on the other hand, will be available to "only those who really need financial help," Neathamer said.

To be eligible for the program, a Medicare patient must have an annual income of less than $8,655, $11,595 for couples. In addition, the patient's assets can't exceed $100,000, excluding the value of their home. The patient doesn't have to live in Clark County.

In an effort to identify and enroll participants in the program, the medical society has sought the assistance of the Council on Aging, the American Association of Retired Persons and the Retired Teachers Association.

Representatives of the medical society and those organizations will meet today at Clark County Memorial Hospital to discuss the program.

"We need their help in determin-

See CLARK
PAGE 4, col. 1, this section

B 4 THE COURIER-JOURNAL, FRIDAY, JUNE 30, 1989

Clark doctors cut some fees

Continued from Page B 1

ing which people fall within our guidelines. Once we do, we'll issue them cards. Then the next time one of these folks goes to a doctor in Clark County all they have to do is present the card to get what is essentially free treatment," Neathamer said.

Sherrill Williams, deputy director of the Council on Aging, said she was excited about the program.

"A majority of the people we deal with are within the program's (financial) guidelines. I'm sure all 878 people in our case-management program will be eligible, but we could be talking about a lot more people. We're going to dig into our files to see who else is eligible," Williams said.

Clark County's program is among the first three in the state, said Adele Lash, communications director for the Indiana State Medical Association.

The Montgomery County Medical Society began a pilot program nine months ago and has "been very successful with it. They have enrolled 132 Medicare patients in their program."

Programs in Clark and La Porte counties are in the initial stages and medical societies in 11 other counties are considering similar programs, Lash said. "We've encouraged every medical society in the state to set up programs."

Floyd County Medical Society has no plans for a program "but that's not to say that we won't do it in the future," said Dr. C. M. Hocker Jr., the society's secretary. "I do know that there are already a lot of doctors in Floyd County that are already doing it (charging low-income patients only as much as Medicare covers) on an individual basis."

Neathamer said that the 100 or so members of his society, which includes nearly every physician in the county, have agreed to participate in the program.

"We know there's a lot of people out there who are in financial trouble but they're too proud to ask for medical discounts. This program lets them know that they're entitled to a break on medical costs, and does it in a way that doesn't rob them of their pride," Neathamer said.

Scott Co. Journal
7/22/89

Council for Aged and Aging to Conduct Needs Survey

The South Central Indiana Council for the Aging & Aged Inc. will be conducting its biennial Needs Assessment Survey in Scott County this month.

The results of this survey will be used to determine what programs and services can be developed and funded in 1990-91.

On Wednesday, July 26, a public hearing will be conducted at 11 a.m. at the Scott County Senior House regarding community needs of the elderly. At the hearing, set at 183 S. Second St. in Scottsburg, the public will the have the opportunity to share their concerns and opinions about the existing programs and to help in developing new programs.

Persons having questions about the hearing have been requested to contact the South Central Indiana Council for the Aging & Aged Inc. at 948-8330.

8-13-89

For Seniors Only

TRIBUNE

The annual Ninth District Older Persons Seminar will be sponsored by Rep. Lee Hamilton, D-Ind., Aug. 28 at 1:30 p.m. at the Clark County REMC offices on State Road 60 in Sellersburg.

The seminar will provide an opportunity for area residents to discuss federal legislation and issues affecting older citizens, including the catastrophic health care law.

Green Thumb Keeps Hands Busy

8-2-89
TRIBUNE

Employment and training opportunities for older Americans are available through the Green Thumb program, a community service employment and training program which provides part-time meaningful work, job search training, skills training, and assistance in locating employment in the private sector.

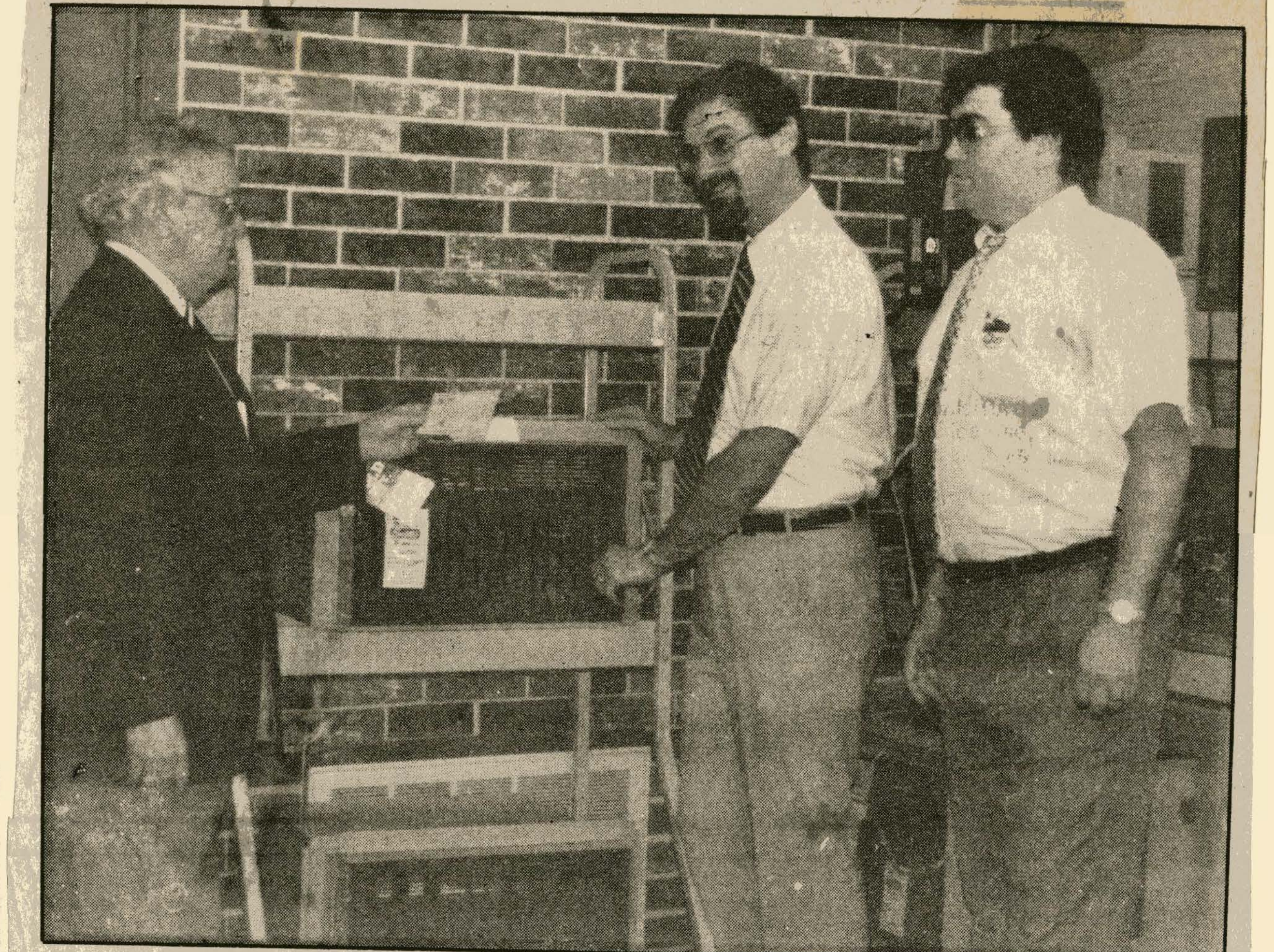
Applicants will be assessed regarding their skills and interest and will be placed at a host agency to utilize those skills on a part time basis. Green Thumb works with federal, state, and local tax supported agencies in addition to some non-profit organizations. Some examples are: U.S. wildlife refuge, parks, forests, reservoirs, memorials, schools, libraries, senior citizen centers, nutrition sites, girl and boy scout camps, city and town recreation departments, American Red Cross chapters, employment security offices, county health agencies, historical museums, and various community action agencies doing some home repair and winterization.

To qualify for Green Thumb enrollment, a person must be 55 years of age or older, pass a medical examination, and have an annual family income at or below 125 percent of the federal poverty level guidelines.

If you have any questions you may contact the state office at: Green Thumb, Inc., P.O. Box 687, Seymour, Ind. 47274, or phone (812) 522-7930.

6/1989

The Tribune, New Albany, Ind., Tuesc



AIR OF GOOD WILL — Ernest Eiler, left, presents a check for the purchase air conditioners to Woody Miller, center, manager of the American Red Cross, in New Albany, and Phil Sims, a representative of Smith's Furniture and Appliance Co. The check will enable Miller to purchase several units from Smith's for the Allied Seasonal Assistance Program this summer. Other individuals and civic groups, including the St. Vincent de Paul Society of Holy Family Church, contributed so that the Red Cross, Family Services Bureau, and South Central Indiana Council for the Aged and Aging can provide the units to those in physical and financial need. (Tribune Photo by Kathy Dougherty)

The Tribune,
New Albany, Ind.,
Wednesday, August 23, 1989

GOD BLESS AMERICA — Members of Ken Ellis Singers practice for when they'll travel to Indianapolis Friday to take part in a program at the Indiana State Fair. Friday is Area 14 Day at the fair and the singers from the senior center at Jeffersonville will be singing "God Bless America". The program will be held in the Senior Citizen Building at the fair and the group is under the direction of Sue Johnson.

(Tribune Photo by Don Beck)

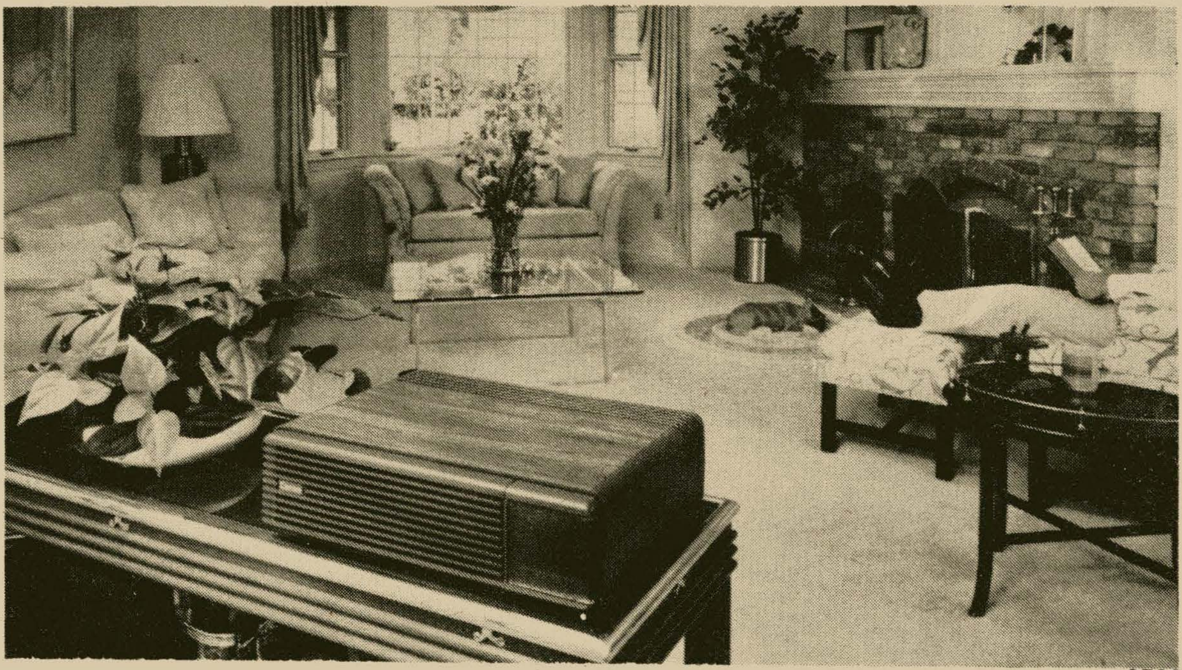
170c

Senior Lifestyle

SEPTEMBER 1989

170D

Air Cleaners Are Answer To Indoor Pollution



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ROOM-SIZE ELECTRONIC AIR CLEANERS, such as this tabletop model from Carrier Corporation, are ideal for bedrooms, dining areas, offices, or any other room that requires clean, refreshed air. ⓤ

As homes become better insulated and more air-tight to save on heating and cooling loss, more particles are trapped indoors creating "indoor air pollution." Electronic air cleaners can remove up to 95% of the dust, dirt, smoke, pollen, grease and microorganisms that are circulating within a typical home. Once considered a luxury, electronic air cleaners are becoming more affordable, and are often offered as standard equipment in new homes.

Electronic air cleaners range in size from large units that are attached to a duct of a central air system to small individual room units that fit on a tabletop or under a counter. Room-size units are especially convenient in areas such as the kitchen where cooking odors and grease particles may linger in the air and settle on walls and furniture.

Working on a principle similar to a magnet, electronic air cleaners use an ionization process to electronically "scrub" indoor air. Particles too small to be seen with the naked eye receive an electronic charge and are then magnetically trapped in the collector. The ionization process removes particles as small as one-tenth (.01) of a micron, which includes most tobacco smoke, fumes and bacteria.

Prices for electronic air cleaners range from under a hundred dollars for a room unit to a few hundred for a unit capable of cleaning the entire interior space of a house. But because they dramatically cut down on indoor grime, they can save you money and time spent cleaning walls and furnishings, replacing furniture, and redecorating. Additionally, an air cleaner attached to a central air system lowers the operation costs of the system.

Purchasing an air cleaner is much like purchasing an air conditioner—you need to pay attention to efficiency ratings. Your air conditioning dealer can help you choose the model that is properly sized for your system.

"The efficiency of room-size units depends on the dimensions of the room," explains Matt Placito of Carrier. "We recommend at least one complete air change per hour."

Electronic air cleaners may also be tax deductible when prescribed by a physician—to remove allergens such as pollen or animal hair for example. Additionally, some health insurance policies also cover prescribed air cleaning costs.

A free brochure on room electronic air cleaners is available by writing Carrier Corporation, P.O. Box 4808, Dept. REAC, Syracuse, New York, 13221. Information on central air cleaners is available from Dept. CEAC at the above address or by contacting your local Carrier dealer. To locate your nearest Carrier dealer, look in your local Yellow Page directory under heating or cooling or call 1-800-CARRIER. ⓤ

On The Cover

Gertrude Rainbolt, a former New Albanian who now lives in Louisville, and Jean Croley, right, a former resident of Corydon who also resides in Louisville, are regular visitors to the Fuzzy Zoeller Par 3 golf course in New Albany. Golf is one of the most popular sporting activities for senior citizens.

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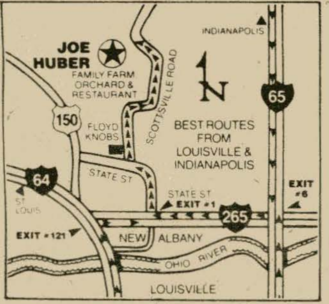

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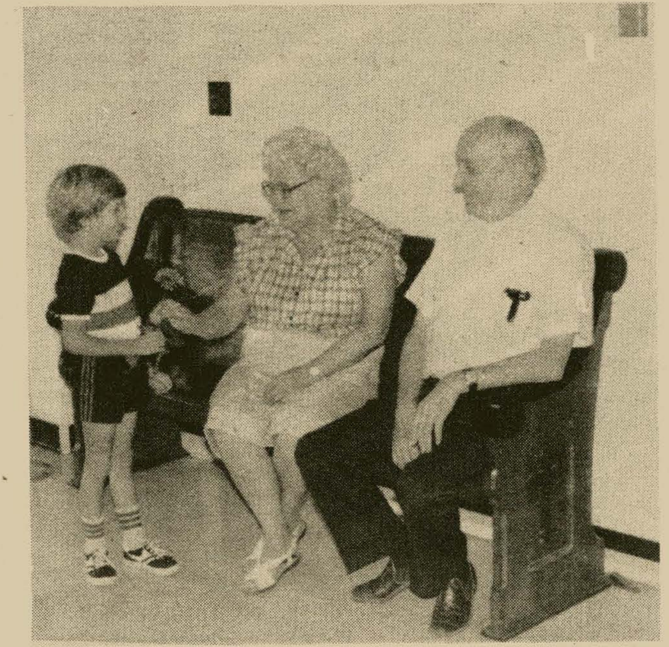

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A salute:

To all of us who've stumbled but never fallen;
Lost but never failed;
Faced mountains and found our way over, around, or through them;
Had the vision to dream,
And the courage to pursue the dream;
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170E

MINNIE HAZEL "SKIP" BOWMAN, aged 72, enjoys playing the card game she invented. Skip-Bo is America's most popular card game with 55-and-over consumers.

Senior's Game Wins Her Fame

Most of us only fantasize about our name becoming a household word. But, for 72-year-old Minnie Hazel "Skip" Bowman of Lubbock, Texas, it's reality. Why? Because in order to buy one of America's most popular card games, you have to ask for it by name—her name.

The game is Skip-Bo, and it bears Minnie Hazel's nickname for a good reason: She's the inventor.

"Skip-Bo has made me independent," she says. "It's allowed me to help others. People who have an idea for a new game come to me for advice on marketing it, and now I have time to give it to them."

For many years after she and her late husband J.T. invented Skip-Bo in 1964, Skip Bowman had very little time.

"We originally developed the game to take our mind off our worries when my father-in-law was in the hospital," she recalls. Friends liked the game and encouraged the Bowmans to market it commercially.

Like good entrepreneurs, they had 150 games made up and tested them among a larger group of people. Then, Skip approached Neiman-Marcus and other department stores.

Gradually, orders started coming in, not only from individual consumers but also from retailers in quantities of five, 10 and as much as 75 thousand.

After J.T.'s death in 1977, "I found I was alone and was spending all my time filling orders," she says. "So, when International Games bought the rights to the game, I was delighted. It gave me time to begin enjoying life again."

Does Skip Bowman play her namesake? Like a champ. She even visits older adults in retirement communities to demonstrate Skip-Bo to them.

Keeping It Cool

To save space in your refrigerator, you can:

- Store leftovers in the smallest possible containers.
- Store soda or other items that need quick cooling a few at a time.
- Make sure foods need to be kept cold before putting them in the refrigerator. For instance, condiments such as ketchup or mustard don't need refrigeration.

Better utilization of your refrigerator space allows you to buy larger quantities of sale items and to cut down on the number of shopping trips.

Caregivers Overwhelmed

For the first time ever, American women are spending more years of their lives caring for dependent parents than for children, states Older Women's League President Lou Glasse.

A new body of data is emerging that documents the care women provide to children, parents, spouses, siblings, and other needy friends and relatives. Frankly, the facts are startling.

In 1989, the "empty nest" is an anachronism. If women's "nests" empty at all, they fill again very quickly. Nearly two million women are part of the "sandwich" generation; they care simultaneously for growing children and ailing parents. Many more have only a brief respite between the time children move out and parents, aunts, uncles, siblings or husbands require assistance.

The fact belie the stereotype that America's elderly are "warehoused" in nursing homes; only five percent are institutionalized. Nine in ten of the disabled elderly not in nursing homes receive unpaid care from relatives and friends.

Up to seven million Americans are unpaid caregivers of the elderly; the vast majority are women. Most toil without respite, doing backbreaking labor in virtual isolation. They routinely struggle to cope with exhaustion, loneliness, brutal physical demands and heartbreak of watching a loved one grow weaker. While children grow stronger over time, frail or incapacitated adults most often grow only weaker and more dependent.

Our nation's health care cost containment policies are forcing patients out of hospitals quicker and sicker, increasing women's caregiving responsibilities at a time when more women are in the paid work force than ever before. More than half of the mothers of infants under a year old and of the spouses and children of disabled elders are employed. They face a massive, sometimes crippling responsibility from which there is often little relief. Many caregivers struggle to hold onto their jobs, but are finally forced to make an agonizing choice. For midlife and older women, the economic consequences of caregiving can be devastating.

Caregivers fill in the blanks in America's health care system. When children are too sick to go to school or when parents are too weak to care for themselves, it is mothers and daughters who most often rearrange their lives to help out.

That must change. Midlife and older women cannot continue to bear almost the entire burden of providing care to increasing numbers of infirm seniors and dependent children. Men and women, young people and old must shoulder these responsibilities.

But families alone cannot bear the full burden. Government and employers must do their share too.

At present, America is failing its caregivers in a number of different ways. Our health care system is woefully inadequate to meet the needs of an aging population, while finding child care slots is difficult for healthy children, and impossible when children are sick.

Legislation to provide more support services is urgently needed. The Family & Medical Leave Act to protect jobs for caregivers of children, parents and spouses must be enacted. Long-term care for the chronically ill and increased wages, benefits and training for long-term care workers are long overdue, as is increased funding for elder and child care services.

The women who care need care too. America's caregivers need support from the policymakers who can make their lives better. They have earned it! Ⓤ

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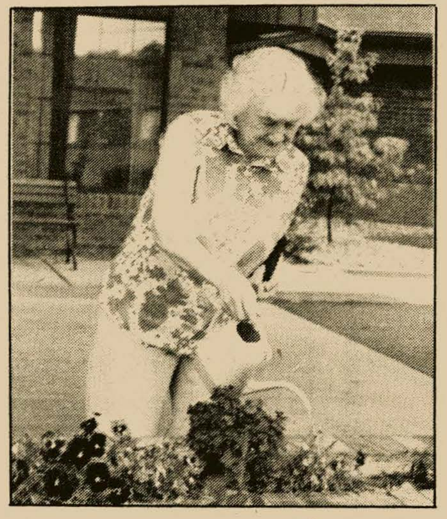

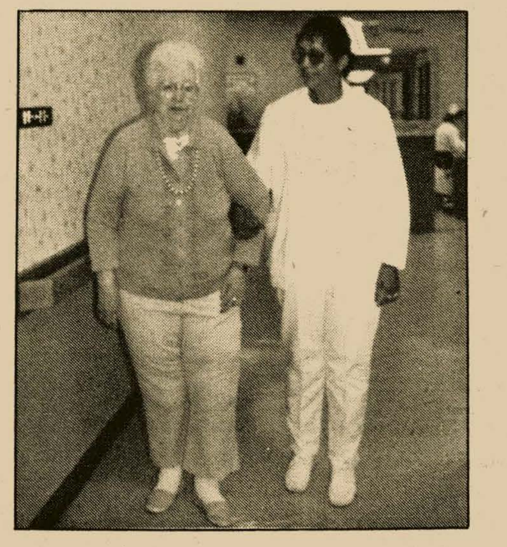

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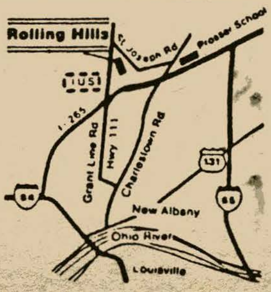

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170F

Mature Workers Needed For Temporary Services

A curious irony has been created by new trends taking place in today's economy: Now the number one problem in the job market is finding workers, not employment for them.

One of the first industries to feel the effects of this labor shortage is temporary services. To combat the problem, many temporary service firms are making a special effort to recruit older employees or "mature workers."

"Mature workers are retired or semi-retired people who have the flexibility to work on a temporary basis," says Howard W. Scott, Jr., president of CDI Temporary Services, Inc., a Philadelphia-based temporary services firm. "And since many mature people were either full-time employees or homemakers for many years, they have valuable skills to offer. It's this combination of flexibility and experience that has created excellent temporary employment 'career' opportunities for mature workers."

From the perspective of the mature worker, temporary employment is a happy medium between outright retirement and full-time employment. It offers the following advantages:

- *A flexible schedule.* Employees who work for firms like CDI have the option of creating their own schedules. Assignments may vary from a few days to several weeks, and temporary employees can choose the assignments that fit their schedule.
- *Extra income.* Since many mature workers are on pensions or other forms of fixed income, the additional money they can make through temporary employment is a helpful supplement. According to Scott, companies like CDI pay wages that compare favorably with full-time, entry-level positions.
- *Varied work.* In addition to the extra income mature workers can earn through temporary employment, many find the work pleasurable and interesting. In fact, many mature workers report that the variety of assignments is one of the most appealing facets of temporary employment.
- *Special training.* CDI Temporary Services even offers mature workers (and other temporary employees) special personal computer testing and training through a new program called The I-D-E-X™ System. Using actual IBM Personal System-2 hardware, I-D-E-X can test employees on 18 of the most popular computer software packages and train employees on 11 of these same packages.

All of CDI's special services are offered free of charge to anyone who is interested.

Right now opportunity is knocking for the mature person who wants to continue working or re-enter the job market, yet have a flexible work schedule. "We're hoping that many mature workers will hear our message and take advantage of the many job opportunities available through temporary service," says Scott.

CDI Temporary Services specializes in providing temporary business services for office, marketing and light industry. CDI currently operates 128 company-owned branch offices in 75 North American metropolitan markets.

If you are interested in more information on temporary employment, call your local CDI Temporary Services branch office or look in the yellow pages under "Employment Contractors-Temporary Service." Ⓤ

Eating Better For A Longer, Healthier Life

Better understanding of the relationship between nutrients and disease may point to effective ways of assuring a longer and healthier life, according to a research overview titled "Supplementation, Fortification and the Evolving RDA Standards."

Published by the Nutritional Information Bureau (NIB), a service of BASF Corporation, the overview notes that with life-threatening deficiency diseases now a rarity in the U.S., growing emphasis is being placed on conditions that previously went largely unnoticed.

There is growing suspicion that while some mild nutrient deficiencies produce no overt symptoms, their long-term consequences may be far from unimportant, the overview reports. As a result, nutrition experts are focusing more attention on subtler issues such as marginal or subclinical deficiencies and the maintenance of long-term well-being.

"Today, there is an awareness that what is enough nutritionally to prevent serious deficiencies may not necessarily be sufficient to maintain optimum well-being during a long life," the NIB reports.

For this and other reasons, the overview concludes that the current Recommended Dietary Allowances or RDA offer nutritional guidelines that are, in some instances, misleading and badly in need of updating. One major flaw cited by the report is the fact that, because the RDA are based on the nutritional needs of people under the age of 50, they fail to take into account today's large population of elderly people.

While noting the progress made in improving the nation's nutritional status through food fortification and enrichment as well as the use of food supplements, the NIB report singles out several groups that "remain at risk of nutrient deficiencies." These include both teen-agers and the aged, poor people and long-term hospital patients.

"With their heavy reliance on fast foods and their inadequate knowledge of nutrition, poor people could benefit from more food fortification and enrichment," observes Dr. Brian Morgan, Assistant Professor of Nutrition at the Institute of Human Nutrition of Columbia University, and a member of the NIB Advisory Board.

"In fact, this is the only way we can begin to maintain the nutritional adequacy of the American diet, because so many nutrients are lost when food is processed for shipment around the country and for storage in markets," he concludes.

AS WE MATURE, experts are predicting big changes in our lifestyles for the 90's. In fact, some of the strongest trends are already in progress—a return to traditional values, "cocooning" as a defense against the harsh realities of the outside world and the growing popularity of luxury items, often imported, with which we can pamper ourselves. And what better way to lift the spirit and enhance the comforts of home than with Potter & Moore's "Orchid" collectibles for bath and body. Potter & Moore, one of the oldest manufacturers of fine English toiletries celebrates this prized flowers' mystique in a collection of exquisite bath items and gift sets designed to create a sublime form of pleasure and beauty renewal treatment.

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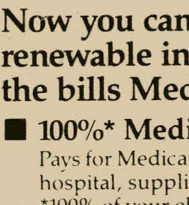

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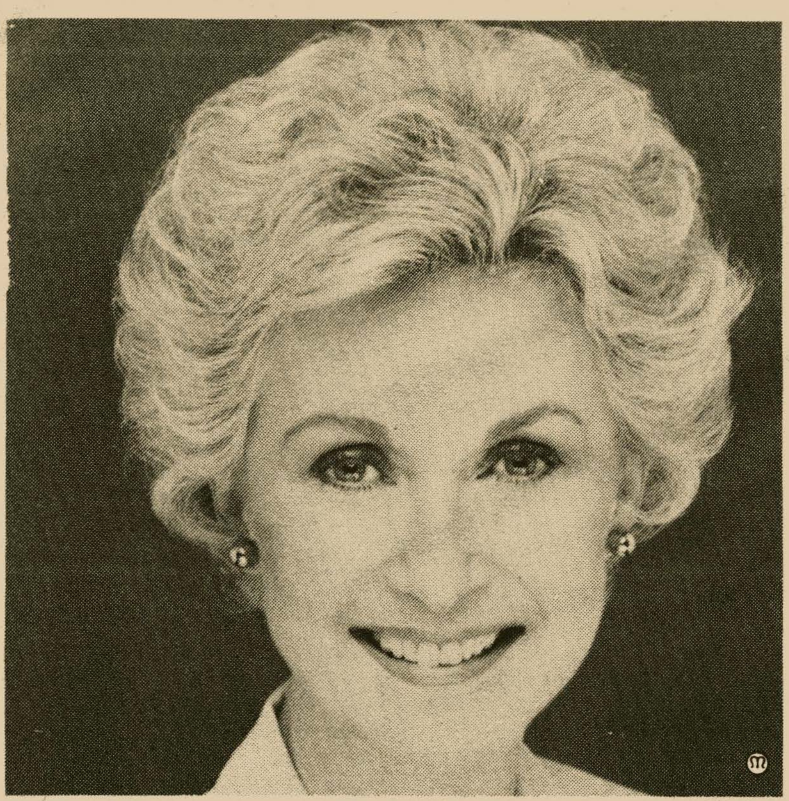

MATURE SKIN needs at least a daily dose of moisture and revitalizing oils but, these days, that need not mean spending a fortune on expensive department store brand skin care products. There are now several well-known brands available at your neighborhood drug store. *Swedish Secret, The Superior Moisturizer,* for instance, will rehydrate skin and help replenish natural oils, yet costs just $10.50. (Photographer: Bill Morris)

A Lesson In Skin Care From The Professionals

By ELIZABETH WHEELER

When talking skin care, many words begin with "R." Verbs like restore, repair, re-surface, revitalize—all have been used to describe things done to the skin. But the three "Rs" of particular interest to adults of 50 and over are surely *retard, replenish* and *remove.*

I talked to two experts on the subject, a plastic surgeon and a dermatologist, and asked them what was important for seniors to know in each of these three areas.

- *Retard:* Some aging of the skin is, of course, inevitable. But there *are* things you can do to help retard premature aging of the skin.

For example, moisturizing and nourishing should be a part of your daily skin care regimen, and it is vitally important to *stay out of the sun*! Nothing ages and damages the skin faster than overexposure to the sun. (Remember—a prune is a plum left out in the sun!)

Apart from wrinkles (and the sun is the single most common cause of wrinkling), of much greater concern is the chance of skin cancer due to too much sun. Even if you overdid the tanning in your youth, it's never too late to start protecting your skin.

Dr. Craig Foster, a well known plastic surgeon in New York City, offered this advice: "Avoid exposing skin to sun, particularly between the hours of 10 AM and 2 PM; wear a sunscreen, better still, a block, and *self examine* for signs of nodules, lesions, anything unusual. If you notice something suspicious, consult your physician, a dermatologist or plastic surgeon. At its earliest stages, skin cancer is easily remedied," stated Dr. Foster.

(The American Academy of Dermatology has produced an excellent pamphlet entitled "Melanoma/Skin Cancer," which contains a self examination chart. For a free copy, write to them at P.O. Box 3116, Evanston, IL 60204-3116, enclosing a stamped, self-addressed envelope.)

- *Replenish:* Each and every day, we lose moisture and natural oils from our skin—from washing and showering, from exposure to the sun and drying winds, from central heating and air conditioning. To some extent, we can replenish moisture and oils with the regular use of moisturizers and skin cremes.

Moisturizing is a particularly important part of any senior's skin care regimen and should be done at least once a day—after first spritzing the face and neck with bottled water.

Revitalizing oils, usually in the form of lotions or cremes, are one means of "nourishing" skin and replenishing lost oils. Some products on the market offer both benefits. For example, newcomer *Swedish Secret*, a facial moisturizer, does an excellent job of rehydrating and can be used under makeup or at night, to help nourish and revitalize skin.

Restoring the skin's elasticity is more difficult, although there are a number of products on the market which claim to make skin more supple.

Products containing retinoic acid, for instance, are newsmakers right now, claiming to treat fine wrinkles in sun-damaged skin.

For deeper lines, a treatment of choice by many dermatologists and plastic surgeons is injectable collagen, which augments the body's natural collagen to smooth out lines and furrows on the face.

- *Remove:* According to Dr. Darrell Rigel, a Manhattan-based dermatologist, "Freckles/age spots, broken capillaries (which are actually dilated veins), wrinkles/lines, red, rough patches and skin cancer" are the most common skin problems for women (and men) over 50.

All of these conditions can be treated by a qualified dermatologist or plastic surgeon and, in some cases, actually removed.

Age spots, for example, can be frozen off or removed with a light acid peel. The use of argon lasers is the latest technique for the treatment of broken veins. A new method of treating red, rough patches, which have the potential to be precancerous, is by selective removal with 5 Florouracil.

Many women (and more and more men) choose plastic surgery to make themselves look years younger. Two of the most popular such operations are the face lift and the procedure done to remedy drooping eyelids.

Dr. Foster discourages women who are under severe stress from having plastic surgery, stating that: "They may be putting too much emphasis on their appearance as the cause of their problems."

The best reason for having cosmetic plastic surgery is, says Dr. Foster, "because *you* want to do it; because *you* will feel better afterwards, not to please someone else."

Aging: A Visible Part Of Living

Ⓜ It's a certainty. One morning we get up and look in the mirror to find our laugh lines are growing crow's feet. Those couple of extra pounds have settled between our waist and knees. And, oh yes, we have to play the trombone to read the print in newspapers, dinner menus and telephone books.

We're all getting older. But old means something different to everyone.

The experts say we all age individually. People's body systems get rusty at different rates. That's why some folks in their 60s are still entering road races while others are putting mileage on their rockers.

Some aging changes, however, appear to be inevitable. According to experts, about 90 million Americans 40 years and older suffer from a common eyesight deficiency called presbyopia—loss of near vision.

In most cases, they say, this natural vision distortion can be corrected with a pair of non-prescription magnifying lenses set in frames.

"Vision fluctuation can be caused by medical conditions such as glaucoma and diabetes. At any age, a person needs to have an eye examination every two years," says Dr. Calvin Roberts, assistant professor of ophthalmology at Cornell University Medical College.

"Over-the-counter magnifying reading glasses can do no harm as long as the wearer continues to have regular eye exams."

Eye specialists have tested over-the-counter reading glasses and found them to be surprisingly good in lens and frame quality, as well as cosmetically pleasing, and are recommending them to their patients as an economical solution to this natural aging process.

Such glasses are not for everyone. Over-the-counter reading glasses are ineffective for nearsightedness, astigmatism and other problems that can't be corrected by simple magnification.

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Skin Care Myths

Experts Contradict Widely-Held Beliefs

In a culture as youth oriented as ours, "aging well" rather than "living well" has become "the best revenge." And, although "aging well" encompasses everything from health to mental attitude, most people focus upon physical appearance.

But like many other hotly contested topics, aging and how to "control" it have inspired an avalanche of information, much of it inaccurate. Consider the following skin care myths, subscribed to by many women, but each flatly contradicted by clinical evidence from the Oil of Olay Research Group:

- *Increasing Your Daily Intake of Water Improves Your Skin's Moisture Content.*

Although drinking eight glasses of water each day and eating such water-rich foods as fruits and vegetables is an important strategy for maintaining appropriate moisture levels in the skin, there is no evidence that increasing one's water intake beyond recommended levels increases moisturization.

A more effective strategy is to apply a moisturizer, bringing water directly to the skin's outermost layers and creating a barrier to transepidermal water loss, the natural and ongoing evaporation of body water from the skin's surface.

- *Soap and Water is the Most "Natural" Cleansing Routine.*

Although proper cleansing is absolutely essential to healthy, young-looking skin, there is nothing "natural" about the drying alkali residue that many soaps leave on your face after rinsing. Many women prefer to use cleansing lotions, such as Oil of Olay Daily Cleansing Lotion, which thoroughly remove dirt and make-up without stripping skin of essential moisture. If you prefer soap, be sure to select one that contains moisturizers such as Oil of Olay Daily Cleansing Bar.

- *Skin Care Products That Contain Collagen Are More Effective Than Those That Do Not.*

Collagen is an essential protein that gives skin its tone and elasticity. As we age, this collagen gradually breaks down and the skin begins to sag. The myth about collagen-enriched skin care products is that collagen can be replaced by topical applications of these products.

The reality is that the collagen molecules in such products are too large to penetrate beyond the skin's outer layers into the dermis that needs rebuilding. At best, these products will bind additional moisture to the skin's surface, as does any moisturizer.

- *Moisturizers Can Only Worsen the Condition of Combination— Partially Oily and Partially Dry—Skin.*

Clinical studies conducted by the Oil of Olay Research Group have confirmed that Olay actually normalizes combination skin. While providing moisture to dry areas, Oil of Olay has been proven to reduce surface oiliness in the T-zone of forehead, nose and chin.

- *A Facial Moisturizer Cannot Be Used on Other Parts of Your Body.*

The dryness, wrinkling and loss of elasticity that characterize the aging process are not restricted to the face. Indeed, the neck is one of the first parts of the body to show aging and should be moisturized just as the face is. But don't stop there. A facial moisturizer can be effective in relieving dry, wrinkled skin on such problem areas as elbows, legs, even fingernails.

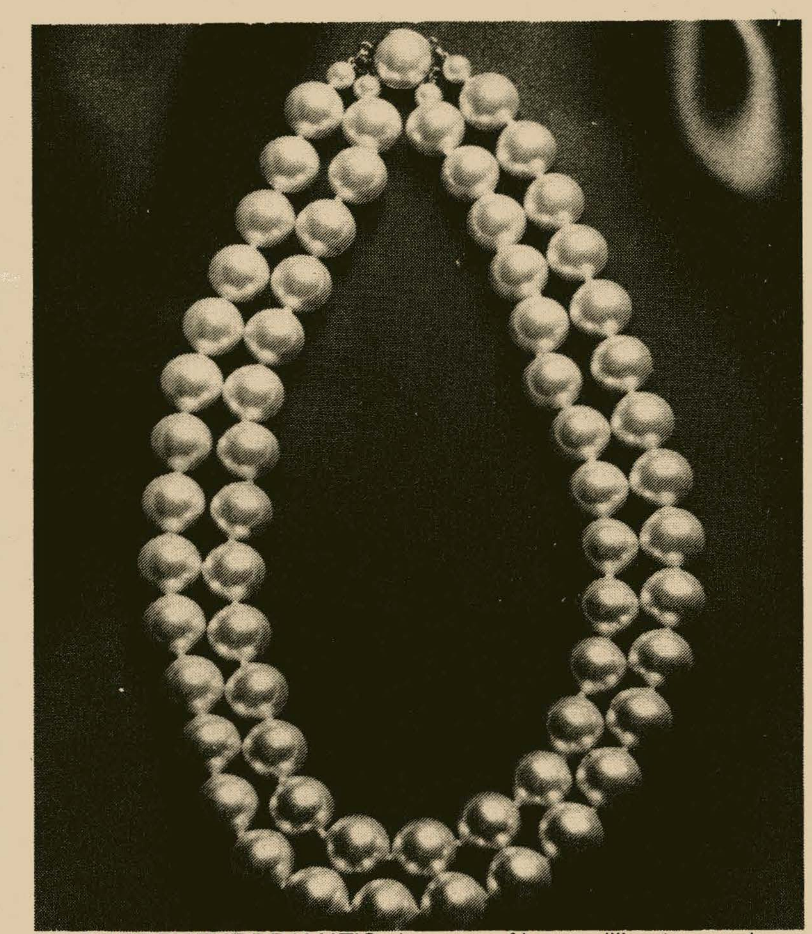
- *Skin Care Products Can "Reverse" the Aging Process.*

This is perhaps the most enduring skin care myth because it is the one everyone most wants to believe. "Although a good product will take older skin and make it look and feel younger, there is no cosmetic skin care product that has been proven to make it biologically younger," says Harris Cutler, Vice President and Division Counsel for Richardson-Vicks USA, which produces Oil of Olay. Indeed, the anti-aging claims made on behalf of many products came under scrutiny earlier this year by the Food and Drug Administration.

Working At Home Works

Today more than 20 million Americans, young and old alike, are involved in some activity to earn money at home, and although the number has almost doubled since 1972, it is now about to boom!

Several factors are responsible for this. One is that America is changing from an industrial society to an information society. The key factor here is that information can be handled in smaller places like the home. People do not need the office or factory to handle information. Another is that employers plagued with rising costs like rent, employee benefits, etc., have begun to reorganize their operations and encourage work-at-home operations with special pay arrangements for those people.



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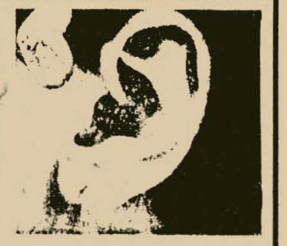

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Breakfast: Best Meal Of The Day

Some people skip breakfast to save time, some to save money, and some to save calories. But nutritionists will tell you that these people are passing up one of the best food bargains around.

While you may be able to catch a few extra winks by passing up breakfast, they are costly minutes if they reduce your physical and mental performance later in the morning. And they will, according to landmark studies done over a 10-year period at the University of Iowa College of Medicine.

The studies showed that people who eat a good breakfast are more productive, have faster reaction times, and exhibit less fatigue in the late morning than those who skip breakfast. The studies included school children, adult men and women, and elderly men, and the results were the same for all the age groups studied. These results hold true today, which is why nutritionists rely on them.

Skipping breakfast is not really a bargain when it comes to saving money, either. Many traditional breakfast foods — cereals, eggs, grapefruit, and toast — are far less costly than most lunch or dinner foods. In addition, breakfast foods often provide more of the U.S. Recommended Daily Allowances of vitamins and minerals.

The Iowa Breakfast Studies established that a proper breakfast should provide at least one-fourth of one's daily caloric requirement and one-fourth of the RDA of protein if it is to keep a person performing efficiently in late morning. Many adults believe that a few cups of coffee alone will accomplish this just as well, but while coffee may keep your eyes open, it provides no nutrients and no calories.

Skipping breakfast is not a bargain for dieters, either. The Iowa studies showed that those who omitted breakfast in order to save calories were hungrier at lunch, and therefore more likely to overeat, than those who had eaten breakfast.

So, no matter what your reason for skipping breakfast, in the end you are missing a bargain. But what is a good breakfast, and how do you know if you are getting at least one-fourth of your daily requirements?

An example of a typical breakfast is a couple of doughnuts with a cup of coffee. How does this measure up? It will provide about 250 calories, but only 4 percent of your protein requirement, and not much in the way of vitamins and minerals. On the other hand, a breakfast of pancakes and orange juice will provide between 18 and 20 percent of your protein requirement, some vitamins and minerals, and approximately 330 calories.

If both convenience and nutrition are important to you, a nutrient-dense convenience food such as Carnation instant breakfast could be the answer. When mixed with eight fluid ounces of vitamin D milk, as directed, instant breakfast supplies 35 percent of the RDA of protein, plus at least 25 percent of the RDA of 18 vitamins and essential minerals. For those interested in keeping calories to a minimum, instant breakfast provides only 280 calories, considerably less than 500 calories which would constitute one-fourth of the daily caloric requirement.

Whether you skip breakfast to save time, money, or calories, you are missing perhaps the most important meal of the day. And you wind up paying for it with decreased efficiency in late morning and extra calories at lunch.

Don't skip and don't skimp on breakfast. It's a bargain not to be missed.

Easy Entertaining Ideas Can Be Good For Guests

Entertaining friends can be fun and easy. It doesn't have to be time-consuming and stressing. It's a matter of planning ahead and choosing dishes that are simple to prepare, tasty and pretty...and a snap to clean up. Sound difficult? It shouldn't.

Today's trend to lighter, healthier cuisine makes planning a dinner party or a casual get-together easier than ever. The highlight of the meal could be a colorful, delicious salad.

Light eaters can make a meal of it... or, for a more traditional meal, why not add a healthy boneless, skinless chicken breast marinated, then broiled or grilled?

Add a favorite rice dish to round out the meal and serve fresh fruit for dessert. That's a menu sure to please everyone on your guest list.

Salads are easy to make ahead of time with the help of a handy multi-purpose appliance like the Oster "Kitchen Center" appliance.

The slicer/shredder/saladmaker cuts all of the ingredients up in minutes. Then, the handy Osterizer blender or mini food processor accessory creates the perfect salad dressing or marinade in seconds.

Try these recipes tested in the Oster Test Kitchens. They have been created keeping low cholesterol and calorie requirements in mind...so your guests will love asking for seconds.

BROILED MARINATED CHICKEN BREASTS

4 boneless, skinless chicken breast halves
1 recipe Teriyaki Marinade or Orange-Ginger Marinade (see below)

Prepare marinade.

Place chicken breasts in a leakproof, plastic food bag. Add marinade. Close bag tightly and place in a shallow pan. Refrigerate at least six hours or overnight, turning the bag several times. Drain and reserve marinade.

Broil four to six inches from heat source for 10 to 12 minutes. Turn and brush with reserved marinade. Broil for an additional four to five minutes or until cooked throughout.* Do not reuse any leftover marinade.

Yield: Four servings.

*May also be cooked on an outdoor grill.

TERIYAKI MARINADE

½ cup light soy sauce
⅓ cup sherry
2 tablespoons vegetable oil
2 tablespoons honey
¾-inch slice ginger root
1 large garlic clove, peeled

Assemble Osterizer blender container. Put all ingredients into blender container. Process at a HIGH speed until garlic and ginger root are finely chopped.

Yield: Approximately one cup.

ORANGE-GINGER MARINADE

⅓ cup light soy sauce
2 tablespoons oil
1 tablespoon honey
1 tablespoon lemon juice
3 one-inch pieces orange peel
One-inch slice ginger root, peeled

Assemble Osterizer blender container. Put all ingredients into blender container. Process at a HIGH speed until peel and ginger root are finely chopped.

Yield: Approximately ¾ cup.

ITALIAN PESTO SALAD

3 small zucchini, thick-sliced
½ sweet red pepper, French fry cut
4 oz. part-skim mozzarella cheese, shredded
½ small onion, cut into 1" pieces
3 sprigs parsley
2 tablespoons walnuts
1 clove garlic
½ teaspoon dried basil leaves
2 tablespoons grated Parmesan cheese
2 tablespoons polyunsaturated sunflower oil

Assemble "Oster" Kitchen Center saladmaker. Process first three ingredients as indicated above into large bowl. Set aside. Assemble Food Processor Accessory. Add remaining ingredients except oil to processor bowl and cover unit. With hand on cover, process until finely chopped. With motor running, add oil through center feed and turn unit off. Stir together all ingredients and refrigerate until ready to serve.

Yield: Eight servings.

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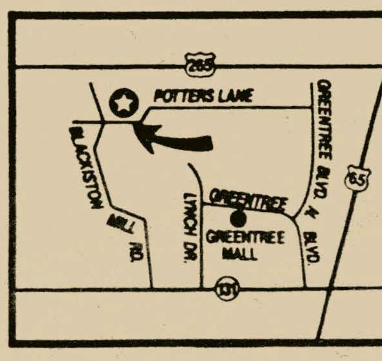

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STROKE

Understanding Can Be The Key To Good Health

Stroke can often be prevented today. In fact, the death rate from stroke has fallen as much as 45 percent since 1970. This decline in deaths has come about, in part, because of new diagnostic tests and treatments. In additiona, many Americans are adopting sensible health habits which lower the risk for stroke.

Yet stroke remains a leading cause of death among the elderly and is responsible for a large number of nursing home admissions.

What Is a Stroke?

Stroke is a sudden disruption in the flow of blood to an area of the brain. Deprived of blood, the affected brain cells either become damaged or die. While cell damage can often be repaired and the lost function regained, the death of brain cells is permanent and results in disability. There are three major types of stroke:

The *thrombotic* stroke is most common. Fatty deposits (plaques) build up in the arteries (blood vessels) that supply blood to the brain. This severely reduces the blood flow until, eventually, a clot or lump (called a thrombus) in an artery entirely blocks the path of blood.

An *embolic* stroke results when a blood clot forms somehwere else in the body (usually in arteries of the heart or neck), and the clot (embolus) travels through the circulatory system to the brain.

A *hemorrhagic* stroke is the most severe type of stroke. It occurs when a blood vessel in the brain bursts, allowing blood to pour into the brain outside of normal channels.

Diagnosis and Treatment

A stroke is a medical condition that requires immediate care. Patients may be treated by the family physician or internist, or may be referred to a neurologist, a doctor who specializes in diagnosing and treating disorders of the brain. The neurologist first evaluates the patient to determine if a stroke in progress has been completed. The entire episode can last from minutes to hours and sometimes (although rarely) days.

An early diagnosis is made by evaluating symptoms, reviewing the patient's medical history, and performing routine tests. Tests that may be given include an electrocardiogram (a test that measures the electrical activity of the heart), an electroencephalogram (a test that measures nerve cell activity in the brain), and a computerized tomography (CT) scan (a painless technique that can assess brain damage). The CT scan uses a computer to construct black and white pictures of the brain from x-rays beamed through the head.

Treatment begins as soon as the stroke is diagnosed to ensure that no further damage to brain cells occurs. Strong drugs, called anticoagulants, may be prescribed to prevent blood clots from becoming larger; or, in the case of a hemorrhagic stroke, drugs may be prescribed to lower the blood pressure which is usually high.

What You Can Do to Prevent Stroke

Stroke was once viewed as a single devastating attack, but we now know it develops over a period of many years. The risk factors or conditions that lead to stroke include high blood pressure, atherosclerosis, heart disease, diabetes, smoking, and being overweight.

You can help prevent stroke by taking these steps:

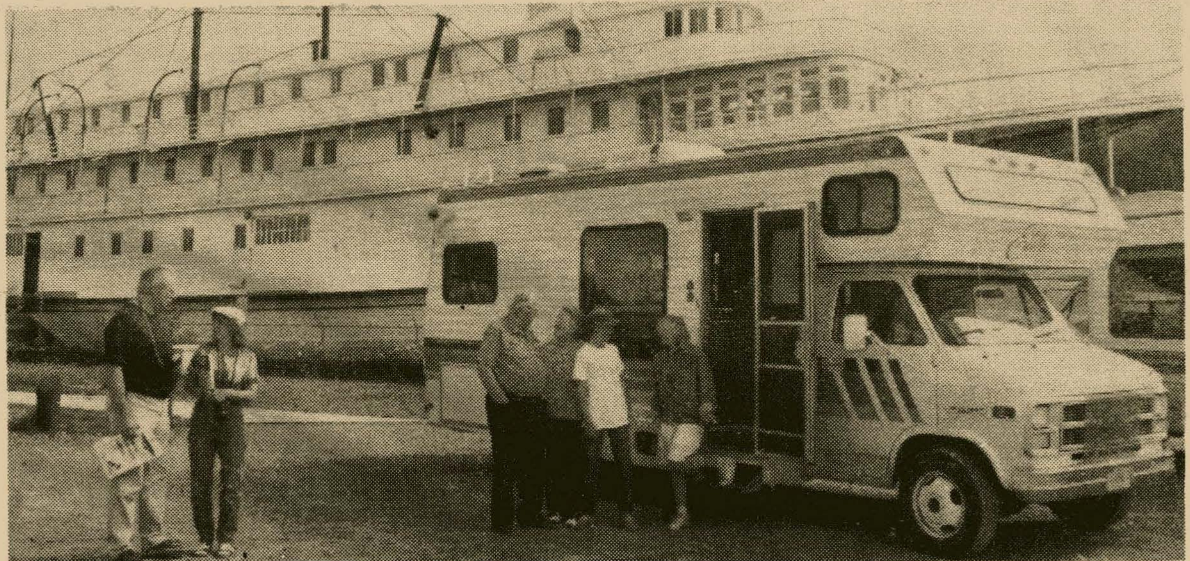
- Control your blood pressure. Have your blood pressure checked regularly, and if it is high follow your doctor's advice on how to lower it.
- Stop smoking.
- Eat a healthy diet that includes protein sources low in cholesterol (such as chicken, turkey, fish, and beans), skimmed milk, fruits, and vegetables.
- Exercise regularly. There is evidence that exercise strengthens the heart and improves circulation. It will also help in weight control; being overweight increases the chance of developing high blood pressure, heart disease, and atherosclerosis. Check with your doctor about what is an appropriate weight for your height and age.
- Control diabetes. If untreated, diabetes can cause destructive changes in the blood vessels throughout the body.
- Promptly report warning signs to your doctor. Transient ischemic attacks (TIA's) are the clearest warning that a stroke may occur; they produce temporary stroke-like symptoms such as numbness or weakness in an arm or leg, difficulty with speech, unexplained headaches, dizziness, momentary blindness, and impaired judgment.

Rehabilitation

Rehabilitation should begin as soon as possible after the patient's condition is stable. It consists of various types of therapy: *physical therapy* helps strengthen muscles and improves balance and coordination (patients may learn to use mechanical aids such as a walker, crutches, a cane, or braces); *speech and language therapy* helps improve eye-hand coordination and strengthens skills needed to wash and dress, use tools, or prepare food.

Rehabilitation usually begins while the patient is still in the hospital and, for most, continues at home. Health care experts (physicians, physical and occupational therapists, nurses, social workers, and speech and language specialists) work together as a team to coordinate activities that will help the patient as well as the patient's family.

Progress in rehabilitation varies from person to person. For some, recovery is completed within weeks following a stroke; for others, it may take many months or years.



THE CONVENIENCE OF RECREATIONAL VEHICLES makes them perfect for older travelers. Everything needed for carefree, cross-country touring is right on hand. What better way to spend well-deserved free time than out on the road, exploring new places? Freedom is key: With RVs, there are minimal hassles when it comes to travel arrangements. This family shows how it's done, enjoying the sights of Canada's Yukon in a rented RV.

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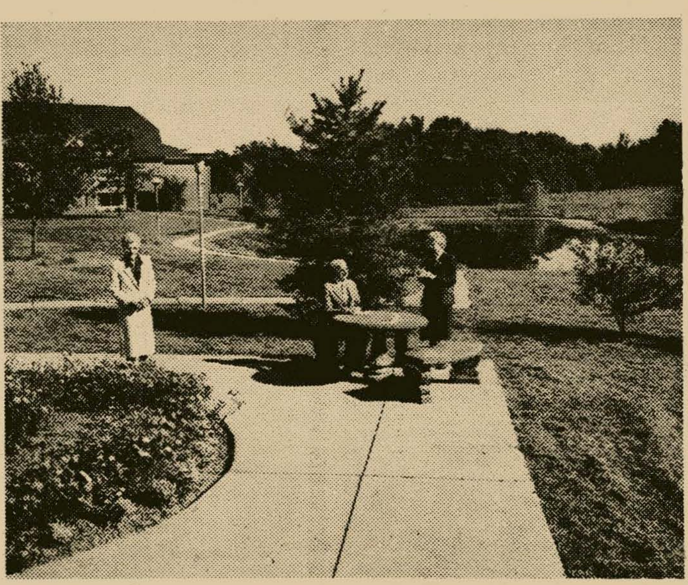
We invite you to discover why 270 active senior adults have chosen the carefree lifestyle of Westminster Village Kentuckiana



We introduced the lease concept for retirement living in Kentuckiana, and one of our outstanding features is affordable rates.

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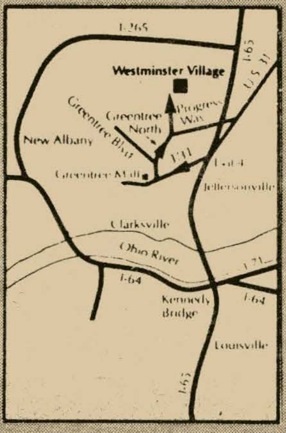
every apartment has a view of our beautifully landscaped campus

You are cordially invited to
tour the Village and visit with us on
Sunday, Sept. 17 from 2 to 5 p.m.

There will be special music
and refreshments.

The residents of
Westminster Village



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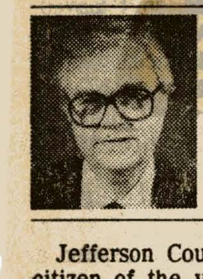
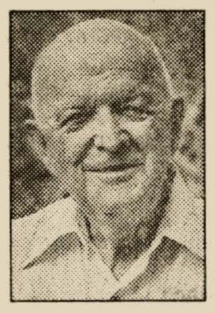
Outstanding seniors glad to skip rat race, help human race



PRIME TIME
AL ALLEN

Georgia Davis Powers
Jefferson female senior citizen of the year



Charles Dibowski
Jefferson male senior citizen of the year

Dolores Pegues
Regional Older Hoosier of the Year

Gladys Blankenbeker
Southern Indiana Senior Queen

Jefferson County's female senior citizen of the year is happy to be out of the rat race.

Meanwhile, her male counterpart delights in it — in "riding the crest of events."

On the other side of the river, athletic competition is an important part of life for Southern Indiana's Senior Queen.

But that area's senior citizen of the year — also a woman — is more interested in the human race.

The Jefferson County awards are sponsored jointly by the County Office for Aging and Jewish Hospital's Col. Harland Sanders Geriatric Center. The Indiana awards are sponsored by the state Department of Human Services.

Let's meet the four people chosen as outstanding seniors for 1989-90 in this area.

Georgia Davis Powers

"Retirement ... it's wonderful," said former Kentucky State Sen. Georgia Davis Powers. "I feel as if a load of responsibility has been lifted off my shoulders."

At 65, Jefferson County's female senior citizen of the year has earned the right to kick back and relax. Powers retired last year after 21 years in the Kentucky Senate — the first woman and the first black ever to serve there. In her long political career she built a reputation of battling for the rights of women, minorities, organized labor, the poor and the powerless.

Although her career didn't focus particularly on senior-citizen affairs, Powers' efforts nevertheless affected many of them profoundly. She was a sponsor of the Equal Rights Amendment in Kentucky and was a leader in the successful opposition to Louisville-Jefferson County merger in the early 1980s.

Before going into politics in 1968 Powers had been active and highly visible in the civil-rights movement. She helped organize a march on Frankfort in 1964 to press for public-accommodation and fair-employment laws, and the next year she took part in the civil-rights march from Selma to Montgomery, Ala.

That's all behind her now. "It was time to move over and let someone else lead the way," she said the other day of her retirement. "And I had seen several colleagues suffer heart attacks ... they had stayed under the pressure too long."

Powers is writing her autobiography, but on no set schedule. Out of politics, "I can spend time with my family, instead of going to funerals of people I never knew." This allows her to do things with husband James, an auto salesman, and to watch son Nicky play football for Valley High.

Honors aplenty have come her way this year, among them: being named a YWCA "woman of distinction"; testimonial banquets; and inclusion in the recent book by photojournalist Brian Lanker, "I Dream a World: Portraits of Black Women Who Changed America."

"Now I'm reaping some of the benefits I fought for." Powers said. "When I was younger I feared aging. Now I find these years are the happiest of my life."

Charles Dibowski

"I have always ridden the crest of events," said 79-year-old Charles Dibowski, Jefferson County's male senior citizen of the year, of his long career as a public servant.

In 1929, when the stock market crashed, he was employed by Western Union, which was at the center of the frantic activity. That was in Cincinnati, where his family originated. Dibowski was born in the Panama Canal Zone, where his father was a timekeeper for one of the firms digging the canal.

In the depths of the Depression, from 1934 to 1940, he was involved in public welfare, explaining the new Social Security system to Cincinnati residents as a relief caseworker and supervising a program for transient and homeless men.

During the following two decades juvenile delinquency was high on the American agenda, and Dibowski was in the middle of that. From 1940 to '50 he was referee and probation officer for the Cincinnati Juvenile Court. In 1950 a search committee from Louisville hired him away to serve as chief probation officer for Jefferson County.

As civil rights moved to the forefront of national attention, Dibowski shifted focus again, switching in '67 to the county Human Relations Office. There he helped set up neighborhood associations and was a trouble-shooter dealing with civic problems faced by such minority communities as Berrytown, Griffytown and Newburg.

His involvement in senior-citizen affairs dates to '75. That year, in response to the increasing political muscle being shown by older people, Jefferson County set up an office of aging and handicapped and tapped Dibowski to head it. He held the position until retiring in '85.

"I guess I'm proudest of the fact that we were able to generate resources and assist in making them available," Dibowski said the other day.

"My job as I saw it was to facilitate the work of the multiagency network that serves older people, to help in any way I could. For instance, we started the very popular excursions on the Belle of Louisville and the gardening program for seniors."

Dibowski lives in the Bashford Manor area in a home full of mementos of his late wife, Jean, an accomplished artist and craftsperson.

He remains deeply involved in senior-citizen activities and serves on at least 15 boards or councils, most of them devoted to service to older people, but also such transgenerational groups as the United Way, Salvation Army, the Maryhurst School for girls, his neighborhood association and the East End Boys Club.

Dolores Pegues

The letters endorsing the nomination of Dolores Pegues (it's pronounced "Piggies") as Older Hoosier of the Year for Southeastern Indiana overflow with compliments.

"Genuine concern ...," "love for the client ...," "cheerful, outgoing ...," these are the ways Vicki Vallejos, director of community services for the Visiting Nurse Association put it. Pegues, 69, is a Visiting Nurse home health aide.

"She has a way of brightening any day with her exuberant smile and laugh," Vallejos added.

"Outstanding to the utmost," said Jesse Floyd, coordinator of the Tri-County Health Coalition of Southern Indiana.

"Unselfish in giving of herself," wrote Mildred Williams of American Legion Auxiliary, Unit 35.

The object of all this praise is a small, slender woman who visits 10 to 15 homes a week to bathe helpless people, read their vital signs and perform other personal and nursing services.

Pegues takes her work so seriously that on one month-long occasion, when VNA funding had run out, she continued to see patients anyway. On another, when snow had made roads impassable, she made her rounds on foot.

"I love it. I love people," Pegues said. "People in their homes are more appreciative than those in hospitals. I guess it's because the people in hospitals don't want to be there in the first place."

Pegues came late to the field of health. Pegues was born in Fort Worth, Texas, and moved to Jeffersonville at 10. She has lived there since.

She moved through a succession of jobs — Army Quartermaster Station, seamstress at the Family Fair Department Store and the Army Ammunition Plant, housekeeper at Adath Israel Temple, cafeteria worker for the Clark County school system. Then one day in 1978 she saw a newspaper ad that said Clark County Memorial Hospital was looking for nurse's aides.

"I'd always wanted to be a nurse," Pegues said, so she enrolled at Ivy Tech, earned her certification and went to work for the hospital. In '79 she switched to the VNA.

She and her husband of 40 years, Clemmie Pegues, have no children, so other things fill the time. She is active in Wesley United Methodist Church, is a member of the Tri-County Health Coalition and has held high positions in local chapters of the League of Women Voters, the American Legion Auxiliary, the National Association for the Advancement of Colored People and the NAACP Auxiliary.

In '87 she was named NAACP Auxiliary Woman of the Year and in '89 received the Governor's Voluntary Action Program Health Care Award.

Pegues anticipates this full life continuing for many years. "I expect to live to be 110," she said. "My grandmother made it, why not me?"

Gladys A. Blankenbeker

Gladys A. Blankenbeker collects things: States, countries, continents, pictures, athletic medals and trophies, honors, descendants.

Her latest acquisition is a title: 1989 Senior Queen of the South Central Indiana Council for the Aging & Aged, which covers Clark, Floyd, Scott and Harrison counties.

The 79-year-old widow's house in Jeffersonville's East End is a cornucopia of memories — albums full of travel photos, poetry she has written, trophies, a collection of her family Christmas letters, a lamp fringe fashioned of past years' Senior Olympics medals.

On a table, their final positioning still undecided are the nine gold medals — six in swimming, one each in golf, horseshoes and distance walking — she won in this year's Indiana Senior Games. "You have to remember that in my age category there aren't too many competitors," she says, trying to be modest about it.

Other memories adorn her fingers — ings purchased on her systematic isits to all 50 states and all seven ctinents.

She wiggles her fingers, making the ring sparkle in the sunlight: "I look down at my hands and I travel again. I got this in Istanbul, this in Jerusalem, this in Brazil, this at the World's air in Tennessee ..."

Blanknbeker is a native of Jeffersonvie and trained as a teacher at Centrl Normal School. Marriage to engineer Howard Blankenbeker in 1934 nd the rearing of six children interrupted that career until '52 whe she resumed teaching at Middle oad School, mostly second-graders.She retired in '76. In the interim he took night classes and earned achelor and master's degrees frm Indiana University.

"I've lways loved children," she said. "Cldren and family ... that's my big ing." She is eager to cite the accmplishments of her six children (a son, Rollyn, is Clark County rveyor, a position her late husband held for many years), 32 grandchdren and three great-grandchdren.

As if amily, travel and athletics weren't enough, Blankenbeker is active i the Jeffersonville Lions Club an its program of obtaining glasses r the indigent. And she runs ernds for friends in hospitals and nurng homes.

"PrimTime" appears Wednesdays in the eatures section. The first Wednesy of every month Al Allen answersuestions of interest to older people d their families. Address your quions to "Prime Time," Features, e Courier-Journal, 525 W. Broadw Louisville, Ky. 40202.

Evening News - 9-4-89

Special senior citizen activities

Spring into fall by staying young with the seniors at the Ken Ellis Senior Citizens Center, 211 Martin Circle, Jeffersonville. The center is sponsored by The South Central Indiana Council for the Aged and Aging, City of Jeffersonville, and The United Way.

Ken Ellis Center is open each day from 10 a.m.-2 p.m., and they'll be very busy making arts and crafts for their booth, to be located at the Green Tree Mall on October 6 and 8. Money from the booth will help keep the seniors busy throughout the year. Any donations to the booth will be appreciated.

Something new they will be offering at the Ken Ellis Center, for a five-week period, will be music appreciation courses. This will include singing, and will take place on Fridays, starting Friday, September 15, on a five-week basic course. This class is for the beginner senior citizen and cost is $4 per lesson or $20 for the course. Piano lessons will also be offered, taught by Harold Chance.

A free trip is offered each month by TARC, to a local mall in the local area, the second Friday of each month. This month, the group will be leaving Claysburg Towers and Riverview Towers in New Albany at 10 a.m., shopping at Shelbyville Mall, returning at 2:30 p.m., with no pass the cost is 35¢. Thursday, September 14, the group will go with the New Albany Parks and Recreation to Bardstown, Ky., touring My Old Kentucky Home, and eating dinner at The Talbott House. Monday, September 18, they will leave the center at 8 a.m., traveling to The Amish Country at Washington, Ind., returning at 6 p.m. Money is due for Amish, Bardstown and the Gatlinburg, Tenn., three-day trip by Sept. 5. Future trips are to United Parcel Service, Florence Mall, Connors Prairie, Cherry House, Louisville Flea Market and the special Christmas on the Mississippi — Our Lady of Snow trip. Connors Prairie trip will be Friday, Oct. 20, where you'll be stepping back to the 19th century, exploring values and lifestyles of early settlers, talking with pioneer residents recreating the 1836 village. The Florence Mall trip, near Cincinnati, offers an oustanding selection of different stores and merchandise.

The senior choir has just performed at The Indiana State Fair and will be singing the second Tuesday of September at Wedgewood Manor. Choir practice will be Mondays at 11 a.m. If you are a senior, you're welcome to join them.

Special entertainment for the month will be Herman Wilson and gospel singers, and on Tuesday, Sept. 19, Bill Mullins from The Grand Convention Center will entertain.

Free blood pressure will be given on Sept. 7 and 21, at the monthly dinner. Flu shots will also be offered for $3 Thursday, Sept. 21, and must be signed up for in advance.

For more information about the center, contact Sue Johnson at 283-7356.

9/13/89

inner in anyone's book

competition, Dolores Pegues earned the right to compete in the state contest to be held at the 1989 Indiana Governor's Conference on Aging.

The award, which began in 1976, is largely based on the candidates' community service. Pegues, a 69-year-old Jeffersonville resident, won the area competition on the strength of her active involvement in the community, both in her job and in volunteer work.

Her resume includes awards — the Governor's Voluntary Action Program Health Care Award (1989) and the National Association for the Advancement of Colored People (NAACP) Auxilary Woman of the Year Award (1987) — as well as membership in several clubs and organizations, including the League of Woman Voters, Jeffersonville American Legion Auxiliary and NAACP.

And for the past 10 years she has worked as a home health aide, providing personal care for homebound senior citizens.

Pegues said a longtime desire to work in health care prompted her, at age 59, to attend Ivy Tech and study to be a nurse's aide. "I've always wanted to be in nursing, and I'm so glad I was finally able to do it. I love the work," she said.

Besides being employed by the Visiting Nurses Association of Southern Indiana (VNA), Pegues also volunteers much of her time. She visits many homebound adults, checking on their diets or medication, and she volunteers one Saturday a month at a free blood pressure screening site in New Albany. She also buys tickets to the annual NAACP Awards Banquet and distributes them to older persons who would otherwise be unable to attend.

After being born in 1919 in Fort Worth, Texas, she moved to Jeffersonville in 1929. She has lived here since and has held a variety of jobs. From 1950-55 she worked at the Old Quartermaster Depot; Ammunition Plant.

In February 1979, she started as a nurse's aide at Clark County Memorial Hospital. Shortly thereafter she joined the VNA, where she is held in high regard.

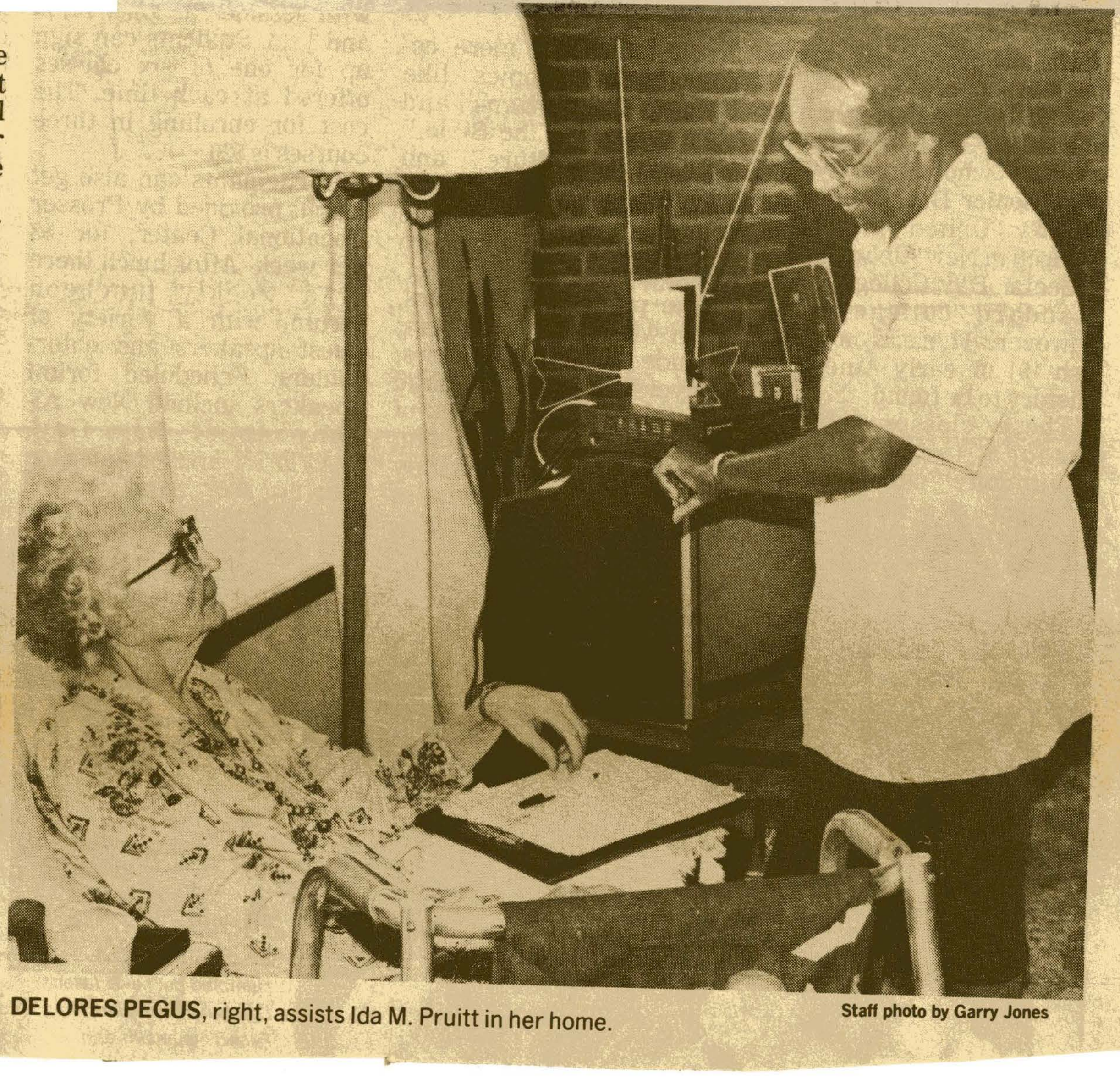
"Dolores has shown her genuine concern and love for the aging time and time again," said VNA Director of Community Services Vicki Vallejos. "And her love for her clients is returned. They are always happy to see Dolores. She has a way of brightening any day with her exuberant smile and laugh."

Pegues expressed surprise at winning the Area 14 (Clark, Floyd, Harrison and Scott Counties) competition. "All of the candidates were so well qualified. I never thought I would win," she said.

The candidates for the state contest were interviewed by the judges Sept. 7. The award will be presented at the Governor's Conference on Aging in South Bend Oct. 24.

Regardless of how she fares in South Bend, Pegues shows no inclina-

o slow down. "My t VNA told me I could work until I was 100," she said. "And I feel so wonderful, I might take her up on it."



DELORES PEGUS, right, assists Ida M. Pruitt in her home.

Staff photo by Garry Jones

10/4/89
Tribune

Seniors Plan For Halloween

Halloween and fall go together at the Ken Ellis Senior Citizens Center at 211 Martin Circle in Jeffersonville.

Halloween and fall crafts are planned during the month, along with a Halloween brunch and party from 11 a.m. to 2 p.m. Oct. 31. There will be prizes for those wearing costumes.

This is the time of year when senior citizens enjoy crafts, travel, tours, bingo, spiritual time, Medicare assistance and free eye screenings. Blood pressures will be taken free at 10:30 a.m. Oct. 19 with free bingo and glaucoma and cataract eye screenings.

Each Monday the seniors start the week with spiritual awareness, choir practice and literacy school. The New Albany-Floyd County school system sponsors literacy school. Seniors also can get their GED.

On Tuesdays and Thursdays, there are Seniorcize exercises along with bingo. Wednesday is craft day. Fridays the center will be offering a new program with Harold Chance giving music appreciation classes and piano lessons.

Seniors from the Center will be selling their craft items Friday and Saturday at the Green Tree Mall in Clarksville to help raise money for supplies for next year.

The Center will be closed Columbus Day and Oct. 10 they will go to Hillcrest Nursing Home to sing, eating dinner at Claysburg Towers and playing bingo.

A free TARC trip to shop at Bashford Manor Mall is scheduled Oct. 13. Sign up now for this trip which leaves Claysburg Towers in Jeffersonville and Riverview Towers in New Albany at 10 a.m., returning at 2:30 p.m.

On Oct. 11 seniors will be leaving the Ken Ellis Center at 8 a.m. to enjoy the fall colors in the Smoky Mountains. They will visit Gatlinburg and Pigeon Forge, Tenn., returning Oct. 13 at 7 p.m.

Other trips this month are to United Parcel Service on Oct. 16, Connors Prairie on Oct. 20, and the Louisville Flea Market on Oct. 27.

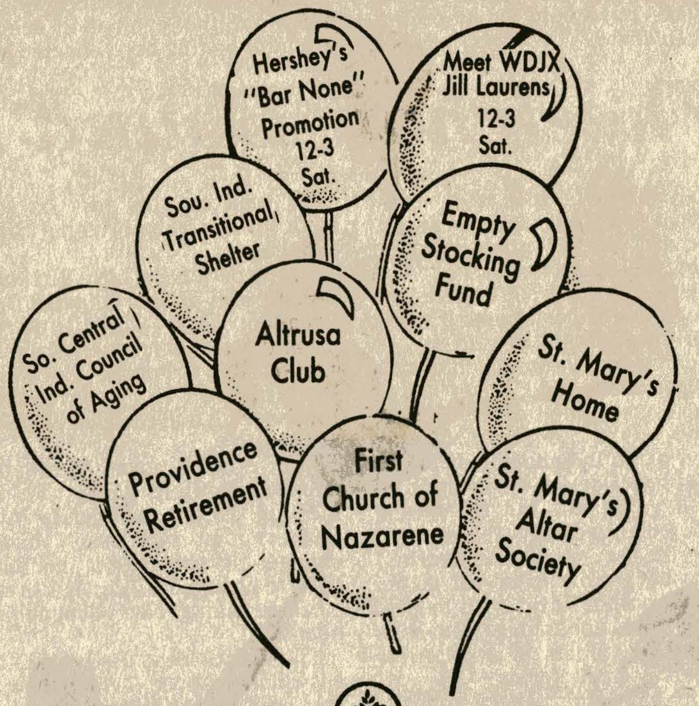
Seniors can sign up now to attend Churchill Downs and dinner at Masterson's restaurant Nov. 2. They also can sign up now for the Christmas trip to St. Louis, Mo., Dec. 12-14 to see the shrine at Our Lady of the Snow, the Arch, Anheuser-Busch, Plaza Frontenac, Union Station, and the Missouri Botanical Gardens.

For more information, call Sue Johnson at 283-7356.

10/6/89
Tribune

COMMUNITY BAZAAR

Friday and Saturday


Hershey's "Bar None" Promotion 12-3 Sat.
Meet WDJX Jill Laurens 12-3 Sat.
Sou. Ind. Transitional Shelter
Empty Stocking Fund
So. Central Ind. Council of Aging
Altrusa Club
St. Mary's Home
Providence Retirement
First Church of Nazarene
St. Mary's Altar Society

GREEN TREE MALL

"Where Good Things Happen"

Highway 131, Clarksville, Indiana • 10 a.m. to 9 p.m. Daily, 12:00 p.m. to 5:30 p.m. Sunday

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Turkeywalk to Attract All Ages

Walkers throughout Floyd County will get out their favorite traveling shoes Nov. 9 for the American Heart Association's Turkeywalk. Rain date is Nov. 10.

The event is expected to attract walkers of all ages throughout the community. Mayor Robert Real of New Albany will officially open the lunch-time walk which will start at 11 a.m. and be completed by 2 p.m. Walkers may participate as their free lunch time permits.

The Turkeywalk will begin at the stage at Spring and Pearl Streets and proceed up State Street to the Floyd Memorial Hospital and back. Or, there is a starting point at the Floyd Memorial Hospital and the walk will be from and returning to the hospital.

The cost for participating is $5 for adults, $2 for senior citizens and $1 for children. Club and business sponsors are needed, as well as walkers, to make this most important event successful.

All walkers will receive a special "Heart Healthy"' cookie prepared and donated by Floyd Memorial Hospital. Certificates of Participation will be given to the walkers completing the walk.

Walkers will be eligible for a drawing of a turkey or a cookbook.

The funds raised throughout the Turkeywalk will support the American Heart Association's research, public and professional education and community service programs.

Thelma Bertrand, event chairperson, reminds the walkers and sponsors "we're trying to spread the word that walking can help people get physically fit and condition their hearts and lungs. The walk is appropriately named 'You are walking for YOUR heart'." Thelma adds, "We are

Continued On
Page Two

10/25/89
Banner-Gazette

HONOR SENIOR VOLUNTEERS — The elderly nutrition program of the South Central Indiana Council for the Aging and Aged recently honored it's volunteers who deliver meals to the homebound elderly. A group of 90 volunteers gives as much as 8 hours a month per volunteer and delivers 3,000 meals to shut-ins throughout New Albany, Georgetown and Jeffersonville areas. Shown from left with certificates are Ann and Bill Grover, Ed and Twila Rouck, Tom Horn-board of directors for the council, Pat Jewell-executive director and Nancy Shiner, nutrition director. The council still needs volunteers three days a week in the New Albany area and anyone interested can call nutrition office at 945-6325.

10/2/89 (Tribune Photo by Don Beck)

The Tribune,
New Albany, Ind.,
Tuesday, October 31, 1989

GUESS WHO WE ARE — The Council for Older Americans Inc. at 317 E. Fifth St. held its annual Halloween party Monday afternoon. Among those in costume are from left, Margaret Gillespie, Martha Stepp, Mary Perkins, Girlie DeVore, Leon Wilcox, Mildred Lynch, Rose Woodside, Cornelia DeVore, Dorothy Bickel, Martha Cadle and Bertha Dietrich. (Tribune Photo by Don Beck)

First Respite Benefit Gala Set For Saturday

The Grand Convention Ball Room "come grow old with me, the best is

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Page 2 – Wednesday, November 1, 1989, THE CORYDON DEMOCRAT, Corydon, Ind.

Energy Assistance Program for low income households begins next week

The Energy Assistance Program (EAP), formerly known as Project SAFE for Indiana, will begin Nov. 6 to accept applications from low-income Hoosiers.

Faced with dwindling federal funds, Indiana has reshaped its winter assistance heating program to make sure that those who need help most will get it.

"Federal funds supporting the fuel assistance program have dropped nearly $10 million from last year's $44 million in expenditures," said Barry Chambers, Commissioner of the Indiana Dept. of Human Services. Federal aid for this program has continued to decline every year since 1984, when Indiana received $60 million for Project SAFE, according to Chambers.

The EAP has two components: the energy supplement program, which targets low-income heads of households ages 62 and over, and the disabled; and the crisis assistance program, which offers help to any low income head of household of any age or disabled with utility bills at least 14 days in arrears, disconnected, or out of bulk fuel.

Applicants will be required to bring the following documentation: six months verification of income (check stubs, social security award letters, letters from employers, etc.); current utility bills for both the electric vendor and the heating vendor; social security numbers for everyone over age 5 in the household; and one other item verifying the correct address.

Without the proper documentation a household cannot be processed.

Income guidelines for eligibility for EAP are: $7,475, one person in household; $10,025, two; $12,575, three; $15,125, four; $17,675, five; $20,225, six; and add $2,550 for each additional person over six.

Hoosier Valley Economic Opportunity Corp. (HVEOC) is the operating agency for Harrison County residents, in the Harrison County Community Services offices in the Old Eckart Building on West Walnut Street. The office will take applications for EAP beginning next week from Monday to Friday from 9 a.m. to 3 p.m. Those needing assistance should call for an appointment or come in with the proper information for processing the application.

HVEOC will also accept applications at the following times and locations: Nov. 16, Corydon Senior Center, 123 Mulberry St., 11 a.m. to 1 p.m.; Nov. 29, Epiphany Lutheran Church, New Salisbury, 10:30 a.m. to 2 p.m.; Dec. 5, Harrison County REMC, 9 a.m. to 4 p.m.

All homebound persons should call HVEOC to schedule a home visit. The Southcentral Indiana Council for the Aged and Aging will assist those households.

All offices will be closed for the holidays on Nov. 10, Nov. 23 and 24, and Dec. 25 and 26. For more information or to make an appointment, call 738-8143.

In Crawford County EAP will be administered by the Lincoln Hills Development Corp., English office. Applicants are encouraged to call 338-2350 in advance for an appointment.

For more information, call Sharon Kleeman, 547-3435.

Banner-Gazette Wednesday, November 1, 1989

Energy Assistance Program to Begin Implementation Nov. 6

The Energy Assistance Program, formerly known as Project SAFE for Indiana, has been totally revamped and will begin implementation locally on Monday, Nov. 6.

The Energy Assistance Program will have two components, the Energy Supplement Program, which is an entitlement program for elderly and disabled income eligible households, and the Crisis Assistance Program, which will assist income eligible households age 61 and under.

The program will be operated in the Clark, Floyd and Harrison County region by Hoosier Valley Economic Opportunity Corp. at the following locations: 510 Spring St. in Jeffersonville (283-4128, Clark County residents only, Vicki Case, coordinator), 1719 East 8th St. in New Albany (948-6516, Floyd County residents only, Freda Hunter Hammonds, coordinator), and West Walnut Street in Corydon (738-8143, Harrison County residents only, Geneva Sams, coordinator).

All offices will be open Monday through Friday with appointments being scheduled from 9 a.m. till 3 p.m. daily. Households needing assistance without an appointment should call the appropriate county office or come in with the proper information needed to process the application.

Households will be required to bring in the following documentation: six months verification of income (check stubs, social security award letters, letters from employers, etc.); current utility bills for both the electric vendor and the heating vendor; social security numbers for everyone over 5 years of age in the household; and one other item verifying the correct address. Without proper documentation a household cannot be processed. Hoosier Valley is working cooperatively with several local human service agencies and businesses and will operate a 'satellite outreach program' in several offices to accommodate those households living in areas outside of Jeffersonville, New Albany and Corydon. The schedule for the intake in the outer county areas is as follows:

Clark County

Nov. 6 – Borden Museum from 2 till 5 p.m. Call for appointments for future dates.

Nov. 6 – Charlestown Housing Authority from 9 a.m. till 2 p.m.

Nov. 14 – Underwood Head Start (Community Building) from 4:30 till 7:30 p.m.

Nov. 20 – Public Service Indiana from 9 a.m. till 2 p.m.

Nov. 29 – REMC of Clark County from 9 a.m. till 2 p.m.

Dec. 6 – Charlestown Housing Authority from 9 a.m. till 2 p.m.

Dec. 12 – Underwood Head Start Center from 4:30 till 7 p.m.

Dec. 20 – Public Service Indiana from 9 a.m. till 2 p.m.

Dec. 27 – Clark County REMC from 9 a.m. till 2 p.m.

Floyd County

Nov. 15 - Georgetown, 1920 Canal Lane, call for appointments (951-3297) from 9 a.m. till 2 p.m.

Nov. 15 - Floyd County Community Club in Floyds Knobs from 9 a.m. till 2 p.m.

Nov. 29 - Ferrell Gas in Greenville, from 9 a.m. till 2 p.m.

Nov. 30 - Floyd County Community Club in Floyds Knobs from 9 a.m. till 2 p.m.

Dec. 13 - Georgetown, call for appointments at 951-3297 from 9 a.m. till 2 p.m.

Dec. 27 - Ferrell Gas in Greenville from 9 a.m. till 2 p.m.

Harrison County

Nov. 29 - Epiphany Lutheran Church in New Salisbury, from 10:30 a.m. till 2 p.m.

Harrison County REMC in Corydon from 9 a.m. till 4 p.m.

* Schedules may be more extensive, more times and dates will appear as the need is determined. All homebound persons should call the appropriate office in their county to schedule a home visit. The Southcentral Indiana Council for the Aged and Aging will assist those households on their case management team.

The office will be open Monday through Friday with the following exceptions: Nov. 10, Nov. 23 and 24, and Dec. 25 and 26.

On these dates the office will be closed for the holidays.

For further information please contact your local office.

Turkey-Walking For Health

The American Heart Association sponsored a "Turkey Walk" today from 11 a.m. to 2 p.m., covering a distance of over two miles. Entry fees will benefit research, education and community service. Leading the walk was New Albany Mayor Robert Real and two turkeys (Pat Jewel and Anje Parker). The walk went from the parking lot at Pearl and Spring streets to Floyd Memorial Hospital and back.

(Tribune Photo by Don Beck)

11/9/89

Energy Aid Signups To Begin Here

Signups for participation in the Energy Assistance Program, formerly known as Project SAFE, will begin Monday at Floyd, Harrison and Clark sites.

The completely revised program will have two components, the Energy Supplement Program, which is an entitlement program for elderly and disabled income eligible households, and the Crisis Assistance Program which assists all income-eligible households.

Operated by the Hoosier Valley Economic Opportunity Corp., the local sites are 719 E. Eighth St. in New Albany; 308 W. Walnut St., Corydon, and 510 Spring St., Jeffersonville.

All offices will be open from Monday through Friday with appointments scheduled from 9 a.m. to 3 p.m. daily. Households needing assistance without an appointment should call the appropriate county office or come in with proper information needed to process the application.

The following documentation is needed: six months verification of income (check stubs, social security award letters, letters from employers, etc.); current utility bills for both the electric and heating vendors; social security numbers for everyone over age 5 in households, and one other item verifying the correct address.

Applications will not be processed without the proper documentation.

Other applications sites are as follows:

•Floyd County - Nov. 15 and Dec. 13, 1920 Canal Lane, Georgetown, 9 a.m. to 2 p.m., call 951-3297 for appointments; Nov. 15 and 30, Floyd County Community Club, Floyds Knobs, 9 a.m. to noon; Nov. 20 and Dec. 20, Indiana Gas, Clarksville, 9 a.m. to 2 p.m.; and Nov. 29 and Dec. 27, Ferrell Gas, Greenville, 9 a.m. to 2 p.m.

•Harrison County - Nov. 16, Corydon Senior Center, Mulberry St., 11 a.m. to 1 p.m.; Nov. 29, Epiphany Lutheran Church, New Salisbury, 10:30 a.m. to 2 p.m.; and Dec. 5, Harrison County REMC, Corydon, 9 a.m to 4 p.m.

•Clark County - Nov. 6, Borden Museum, 2 to 5 p.m., call for appointments for future dates; Nov. 6 and Dec. 6, Charlestown Housing Authority, 9 a.m. to 2 p.m.; Nov. 14 and Dec. 12, Underwood Head Start, 4:30 to 7:30 p.m.; Nov. 15 and Dec. 13, Fairington Apartments, 9 a.m. to 2 p.m.; Nov. 20 and Dec. 20, Public Service Indiana, 9 a.m. to 2 p.m.; and Nov. 29 and Dec. 27, REMC-Clark County, 9 a.m. to 2 p.m.

All homebound persons should call the appropriate office for their county to schedule a home visit.

11/3/89 Tribune

The Tribune,
New Albany, Ind.,
Tuesday, Nov, 7, 1989

WHAT A TURKEYWALK — Tribune General Manager Jim Dietrich looks up at 'Turkey' Pat Harrison, who will walk in the American Heart Association's Turkeywalk Thursday, 11 a.m. to 2 p.m., rain date Friday. Register at the American Heart Association office, 131 East Spring St., New Albany. Cost is $5 for adults, $2 senior citizens and $1 for children, with proceeds benefitting research, education, and community service. (Tribune Photo by Kathy Dougherty)

Edgar Day Selected As VFW's '1989 Citizen Of The Year'

New Albany resident Edgar W. Day was selected as the 1989 "Outstanding Citizen of the Year" by the Veterans of Foreign Wars (VFW) Hobart Beach Post 3281 during a Veterans Day program held at its headquarters at 1919 Grant Line Road.

Day was recognized for his unselfish sharing of his time and talent, both as a local business man and into his retirement. His many activities include: chairman of the Providence Festival and as secretary of that committee for eight years, and six years as director; the executive board of the Mount Saint Francis Festival; and membership director, vice president and chairman of the Legislative and Congressional Action Committee of the New Albany Chamber of Commerce.

He volunteered as chairman for Cemeteries in the New Albany area, served 12 years on the Floyd County Alcoholic Beverage Board, was a member of the Mayor's Prayer Breakfast Committee since 1969, served as business advisor for C.A. Prosser Vocational School, as advisory board member and director of bell ringers and spent a number of hours counting kettle money for the Salvation Army, a member of the Board of Directors for the Central Indiana Council for the Aged and Aging, Inc., and was involved with the Senior Games of Indiana.

He also served as Tootsie Roll chairman for the mentally disabled.

His church affiliated activities include membership in the Trustee Church Council and Providence Retirement Home. He joined the Knights of Columbus in 1952, holding various offices, including, Faithful Navigator and Lector for two terms as well as being appointed District Deputy for the State of Indiana Knights of Columbus for six years.

He was selected to be Religious Chairman for the state and launched "Rosary on the Air" in 1961. He has continued to serve in various other church and community activities.

Day is a family man with a wife, two sons and a daughter. His church pastor labled Day a "very selfless person."

Rep. Richard "Dick" Wathen served as guest speaker for the Veterans Day program.

PROUD SIBLINGS — The children of Edgar Day accepted the VFW's award of 1989 Outstanding Citizen of the Year on behalf of their father from Nick Dubois, left. Accepting the award are Edgar Jr., Joann and Ray Day. (Tribune Photo)

11/12/89

A DOLL TREE — The Salvation Army has set up a doll tree at the Green Tree Mall in Clarksville. The dolls were hand dressed by volunteers and will be given to needy children in the tri-county area at Christmas. From left are, Lt. Mark Turner, Mrs. Lt. Mark Turner and Jessie Bennett of Clarksville, who is with the Ken Ellis Center.

(Tribune Photo By Beverly Tully)

11/29/89

HAMILTON WELCOMED — Congressman Lee Hamilton is welcomed by Jennifer Churchman, left, R.N. director of Hoosier Hills Home Health Services Inc., and Malinda Kost, R.N. director of nursing, Hoosier Hills Home Health Services, as he arrived Saturday night at the Respite Benefit Gala at the Grand Convention Center. Hamilton was the guest speaker at the benefit for the Respite Care Program of South Central Indiana Council for the Aging and Aged Inc, which provides temporary help for a primary caregiver of an older person who is unable to care for themselves.

(Tribune Photo by Don Beck)

11/14/89

Nursing Home Quilt

HELPING OTHERS SENIORS — The seniors at the Senior Citizen Center at 317 East Fifth St. decided to do something special for other seniors who are residing at Green Valley Convalestant Center. Their project was to make lap blankets and in six weeks they had finished a total of 32 of the colorful blankets. Looking over the finished product are, from left, Bertha Dietrich, Mary Perkins, Girlie Devore, Cornelia Devore, and Martha Cadle.

12/5/89 (Tribune Photo by Don Beck)

Tribune Area Notebook

11/15/89

National Family Caregivers Week

As the population ages, the probability is overwhelming that at some point every American will become a caregiver. That's the message the American Association of Retired Persons (AARP) is sending across the country as it celebrates National Family Caregivers Week, Nov. 19-25.

The national observance is held each year during the Thanksgiving holiday to recognize the contributions of caregivers, those who provide unpaid personal care in the home, such as food preparation, dressing and bathing, for an older, chronically ill or disabled family member or friend.

"Caregiving is not just somebody else's problem anymore," said Patricia Jewell, Director of the South Central Indiana Council for the Aging and Aged, Inc.

AARP is the nations's largest organization of Americans 50 and older. The nonprofit, nonpartisan organization offers a wide variety of membership benefits, legislative representation at federal and state levels, and educational community service programs carried out through a national network of volunteers and local chapters. The association, based in Washington, D.C., also offers a variety of educational and advocacy programs for older workers, who make up one-third of AARP's total membership.

Local

Tribune 12/24/89

Heating Help

Those who have no source of heat and need emergency assistance, may call the New Albany Police Department at 948-5300. A limited number of oil heaters are available through the Allied Seasonal Assistance Agency, but social services will be closed until Tuesday due to the Christmas holidays. Staff members with the South Central Council for the Aged and Aging have the space heaters and will bring them to those in a crisis.

With only six heaters left, Pat Jewell, executive director of the council, said that anyone interested in donating money to purchase more heaters, may send their contributions to: Family Service Bureau, 117 East Market St., New Albany, Ind., 47150.

LUNCHEON HONOREES — The board of directors of the South Central Indiana Council for the Aging and Aged, Inc., recently held a luncheon at the Yesterday House on Main Street in honor of the Culbertson Ladies Home Board of Directors. From left are: Jane Rutherford; Anna Lee, president of Culbertson Ladies; Patricia Jewell, executive director of the Council; Michael Hetzel, president of the Council's board; Marilyn Pinaire; Sarah Graf; Helen Streepey; and Virginia Best.

(Tribune Photo By Kathy Dougherty)

12/20/89

Wednesday, February 14, 1990

Scottsburg

Freeze Placed on Meal Program for the Elderly

For the first time in its 16 year history, the Elderly Nutrition Program of the South Central Indiana Council for the Aging and Aged Inc., is limiting the number of meals being served in its four county area of Clark, Floyd, Harrison and Scott. A freeze on all requests for home-delivered meals is in effect and caps at each congregate site have been implemented.

These extreme measures have been taken because the federal funding has not increased sufficiently to offset the inflationary cost and the increase in meal requests. The Elderly Nutrition Program has received funding for 643 meals a day and is currently serving 721 meals a day. Forty-seven percent are served in the fifteen congregate nutrition sites and 53 percent are home-delivered to homebound elderly.

The freeze on all requests for home-delivered meals means that new requests cannot be honored at this time. This has a direct effect on patients being dismissed from the hospital or health care facility, on older persons who find themselves needing a few supportive services to remain in their homes, and on family members who cannot provide a hot meal for an older relative because of work schedules. Those clients who are presently receiving home-delivered meals will not be affected unless a reassessment indicates that the need is no longer there.

The caps on the number of meals being served each day in the nutrition sites are based on average attendance with a three percent cut. The average attendance on any given day will not be affected. All requesting service will be able to be served. However, on special days some participants at all sites will be turned away because the caps have been reached.

Participants at the congregate nutrition sites not only receive a hot meal, but also have the opportunity to socialize with others. This helps prevent depression and social isolation in the elderly.

According to Nancy Shiner, Nutrition Director, these measures follow drastic measures taken in 1989. These included a four-month freeze on requests for home-delivered meals and a waiting list of over 100 people, shortening hours at the congregate nutrition sites, replacing paid meal deliverers with volunteers, and increasing voluntary contributions from the clients. Last year the program had the option of offering Dail-A-Meal to people requesting meals. Dial-A-Meal will deliver a hot nutritious meal five days a week for the full cost of the meal. The full cost of a meal is $3. As of now, this is not an option because the delivery routes are at their saturation points.

OK

In addition to the present freeze on home-delivered meal requests and the caps on congregate service, Shiner indicated that clients will be encouraged to continue with their voluntary contributions. A walkathon is being planned for later this year and the public will be asked for contributions to the Elderly Nutrition Program.

Anyone wishing to make a contribution to the program may do so by mailing a check to: The Elderly Nutrition Program, Area 14 Agency on Aging, 134 E. Main Street, New Albany, IN 47150.

All money will be marked for the county from which it is received and will be used for meals in that county.

Council limits number of meals served elderly in 4 counties; demand can't be met

By DAVID CAZARES
Staff Writer

NEW ALBANY, Ind. — The South Central Indiana Council for the Aging and Aged is limiting the number of meals it will serve the elderly in Clark, Floyd, Harrison and Scott counties because it has more requests than resources.

Nancy Shiner, the council's nutrition director, said its federally funded nutrition program cannot meet the demand, so the council will not accept any new requests for home-delivered meals and has limited the number of meals it will serve at 15 sites in the four counties.

She said the council will continue to deliver meals to people already receiving them. But she said some people who show up at the meal sites will probably be turned away.

She said the program, which has money to serve 643 meals a day, currently serves 721; 53 percent of those are delivered.

The limits on the number of meals served daily at the sites are based on a 3 percent cut in the average attendance during the quarter that ended Dec. 31, Shiner said.

She said these measures follow similar ones taken last year, when there was a four-month freeze on requests for home-delivered meals and a waiting list of more than 100. The council also shortened the hours at the meal sites, replaced paid delivery people with volunteers and asked for more contributions.

Shiner said she worries how the cuts will affect people who have just been released from hospitals or health-care facilities, people who may need help at home to keep them out of nursing homes and families who need help getting meals to older relatives.

And that could cause problems, she said, because many elderly people do not have transportation or are recuperating from a hospital stay and cannot go out.

Pat Jewell, the council's executive director, said the program's total budget for this year is about $515,000, more than half of which — about $285,000 — comes from federal funds. She said the state provides some

See COUNCIL
PAGE 5, col. 1, this section

Courier Journal 2/90.

Council cuts back number of meals served the elderly

Continued from Page B 1

money but most of the rest comes from the U. S. Department of Agriculture's reimbursement for each meal and donations from recipients.

Jewell said the number of elderly people in the four counties — particularly those ages 75 to 85 — has increased significantly in recent years, but federal funding has not. She said food and utility costs and salaries have also increased.

Jewell said the council has asked meal recipients to donate more money and they have responded, adding that the average donation for a home-delivered meal is now 75 cents, up 25 cents from last year. "But it's still not going to be enough," she said. Each meal costs the council $3.

Shiner said the agency hopes the cuts and a fund-raising campaign will enable it to provide service to all who request it in three to five months. If not, she said, the limits on service will continue.

Meanwhile, she said, the council will ask local businesses and the public for contributions. It is also planning a walkathon later this year to raise money.

Contributions may be sent to the Elderly Nutrition Program, Area 14 Agency on Aging, 134 E. Main St., New Albany, Ind. 47150. Contributions will be earmarked for meals in the county from which the donation is received.

The Tribune,
New Albany, Ind.,
Tuesday, February 6, 1990

ALARMS DONATION — The Pilot Club of New Albany, Inc. recently donated money to the South Central Indiana Council for Aged and Aging to purchase 22 smoke detectors. Mary Lou Loughmiller, left, community service area leader for the Pilot Club, presents the smoke alarms to Vicki Medlock, social services director for the council. The council plans to install a majority of the alarms for the elderly. (Tribune Photo By Kathy Dougherty)

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Hot meal limit upsets seniors

Elderly Nutrition Program funds have not increased

By LORI BESHEARS
Staff Writer

A limit placed on the number of hot meals that can be served at the Harrison County Senior Citizens Center in Corydon will prevent some people from receiving their regular lunch fare.

"We have to take such measures because we haven't gotten any increase in funds," said Nancy Shiner, director of the Elderly Nutrition Program. The meals are provided by South Central Indiana Council for the Aging and Aged, Inc., in New Albany.

As of Monday, Feb. 5, the center can serve only 29 hot lunches a day and no new customers can be accepted for home-delivered meals.

Last Friday, 29 reservations had been taken for Monday, and there was already a waiting list for Tuesday's and Thursday's meals.

(Please turn to back page)

Randy West

Gladys Harmon (left) helps Hilda Bruce serve lunch Friday at the Harrison County Senior Citizens Center in Corydon.

Wednesday,
February 7, 1990

Corydon Democrat

Senior citizens upset by hot meal limits

(Continued from front page)

Shiner said, "In the past, we have received enough federal money to meet the nutritional needs in the four county area." Meal caps are also in place in Floyd, Clark and Scott counties, as well as a second Harrison County site — the North Harrison Nutrition Site at Epiphany Church in New Salisbury.

The program is funded through federal legislation — the Older Americans Act. The hot lunch program began in Corydon in 1974.

The action was "taken simply because we have not received enough federal funding to continue to serve the numbers we have been serving," she explained. "The increase has not matched inflationary cost.

"Both of these are temporary measures," Shiner emphasized, although she could not estimate a date when they would be lifted.

"A temporary cap on all meals, that's what they call it," repeated Hilda Bruce, site manager, who serves the meals.

"They ought to be furnishing as many as is hungry," Bruce said.

On Tuesdays and Thursdays, a van brings county residents to the center, so requested reservations on those days are likely to exceed the cap, Bruce said. Last Thursday, 35 people ate lunch at the center.

"I'm going to have to cut them off," Bruce continued. "When I get to my 29, I'm going to have to say, 'I'm sorry, I can't feed you.'

"I hate it awful bad that I have to see that," she said of the people who will be refused reservations.

"You take me," said Roy Scheible, 77, who was eating lunch at the center Friday. "My wife's in a nursing home. If they knock me out of a place like this, I'm hurting.

"You take me," said Roy Scheible, 77, who was eating lunch at the center Friday. "My wife's in a nursing home. If they knock me out of a place like this, I'm hurting.

"I'd open up a can of food and that's what I'd get," he said.

Other senior citizens are also upset about the meal limit.

Arthur Kopp, 80, said, "I just think it's a shame that they can't help the old people. I don't think it's right."

Kopp, a Corydon native, has been eating at the center for five years. "We get the food because it's prepared right, and we can't do it ourselves," he said.

Charles Clunie, 68, said he goes to the center for good, balanced meals he wouldn't get otherwise.

And Pearl Mauck of Corydon said she enjoys the different kinds of food that are served.

"You can't cook variety if there's one in the family," she explained. "If you do, you're eating leftovers all the time.

"Now if we go to 'baching' and cooking for one, there'll be a lot of grunting, I expect," Mauck said.

The center asks for a donation of $1.25 per hot meal, but no one is denied if he or she can't pay.

"Right now, we are looking for perhaps an increase in voluntary contributions," Shiner said. "And we are also looking for community response."

She added that the council is looking at various fundraisers, including a walkathon, and donations from businesses and community organizations to provide additional funding for the program.

Council puts freeze on delivered meals

2/13/90
Nancy - from Martha
Tribune

Citing insufficiencies in the federal funding process, the South Central Indiana Council for the Aging & Aged, Inc., has initiated a freeze on any new applications for its home-delivered meals in

council's congregate sites. She said those clients who are presently receiving home-delivered meals will not be affected by the move, unless a reassessment indicates that the need is no longer

needing a few supportive services to remain in their homes and on family members who cannot provide a hot meal for an older relative because of work schedules," she said.

limitation is based on an average attendance with a 3 percent cut, but she did not expect either the average attendance on any given

voluntary contributions. The council is also planning a walkathon later this year to raise funds, and will also ask for public contributions.

Citing insufficiencies in the federal funding process, the South Central Indiana Council for the Aging & Aged, Inc., has initiated a freeze on any new applications for its home-delivered meals in Floyd, Harrison, Clark and Scott counties.

Nancy Shiner, director of the council's nutrition program, said it is the first time in its 16-year history that such a limitation has been put into effect.

Shiner said the freeze, which affects only new requests, has already been put into action at the council's congregate sites. She said those clients who are presently receiving home-delivered meals will not be affected by the move, unless a reassessment indicates that the need is no longer there.

The measure is being undertaken because federal funding has not increased sufficiently to offset the inflationary costs and the increase in meal requests, she said.

"This has a direct effect on patients being dismissed from the hospital or health care facility, older persons who find themselves needing a few supportive services to remain in their homes and on family members who cannot provide a hot meal for an older relative because of work schedules," she said.

The Elderly Nutrition Program has been funded for 643 meals a day, but is currently serving 721 meals daily. About 47 percent of the meals are served at the 15 congregate nutrition sites, while 53 percent are delivered to homebound clients.

The insufficient funding has also resulted in a limit being placed on meals served daily at the nutrition sites. Shiner said the limitation is based on an average attendance with a 3 percent cut, but she did not expect either the average attendance on any given day to be affected and that the centers would be able to extend service to all requesting it except on special days when some participants at all sites would be turned away when limits have been surpassed.

Among measures considered to offset the freeze on new applications for home-deliveries and limits on congregate service is the encouraging of clients to continue voluntary contributions. The council is also planning a walkathon later this year to raise funds, and will also ask for public contributions.

Anyone wishing to make a contribution may send a check to: Elderly Nutrition Program, Areas 14 Agency on Aging, 134 E. Main St., New Albany, Ind. 47150.

All checks should be marked for the county from which it is sent, so that the amount can be used toward the providing of meals in that county, Shiner said.

THE EVENING NEWS
Copyright, 1990 News & Journal, Inc. Today, 14 pages
THIRTY FIVE CENTS TUESDAY, FEBRUARY 13, 1990 JEFFERSONVILLE, INDIANA A PARK NEWSPAPER

Transportation woes escalate for elderly

By CARY STEMLE
Evening News Correspondent

People who rely on the South Central Indiana Council for the Aging and Aged (SCC) for transportation — to the doctor, bank or grocery — have not been receiving the service to which they are accustomed. And, according to Pat Jewell, executive director of the council, the situation is approaching a "near crisis."

The trouble is the result of several factors. First, the SCC relies mainly on federal funds, which have continued to decrease. In addition, the costs of providing transportation have risen.

The cost of hiring drivers, coupled with rising insurance rates for the council's 10-van fleet, has forced Transportation Coordinator Maxine Spurgeon to leave four vans parked indefinitely. The SCC employs seven full-time drivers and two part-time. Without more money, no additional drivers can be hired, so the vans sit. "We just don't have the money to run them," said Spurgeon.

To add to the council's problems, requests for transportation have increased sharply, for several reasons. For example, more medical procedures are being performed on an outpatient basis, which means that the patient needs a ride to and from the doctor on the same day. In addition, many seniors who could get a ride from their children can't because the children are working.

The demand for transportation has increased so much that anyone who wants a ride must make the request two to three weeks in advance. And in the last three months of 1989 the council turned down more than 150 requests.

That statistic has people who depend on the SCC for transportation up in arms, and they are letting Jewell hear about it. "They are used to getting the van when they need it. They're not used to waiting for it. We know they are concerned and we want them to know why the problem exists. There just isn't enough money," she said.

Jewell said that social agencies everywhere have been hit by budget rollbacks. And that the new challenge is finding a way to get by with the funds that are available. "We now have to prioritize our transportation needs. Of course, any life-threatening cases would go first. We hope no one ever doesn't call if it's an emergency. After that, the main focus is on doctor's office visits," she said. More "luxurious" things, such as trips to the grocery, the bank, the nursing home to visit or to the mall, Jewell said, have to be reduced. "We used to take people to the grocery once a week. Now it's once a month," she said. "It's hard to buy groceries to last a month."

Jewell said the council has some options to help alleviate the strain. One is trying to raise more funds locally, through corporate and individual donations. And, she said, people who use the vans are encouraged to make a donation. "We want them (transportation users) to know that their donations are very important. We suggest $1 for each round trip."

Also, she said, Area 14 residents (Clark, Floyd, Harrison and Scott Counties) should not hesitate to write their elected officials. "We are in constant touch with Lee Hamilton and he is very concerned, as well," said Jewell.

In the meantime, though, the council will try to make do with what it has. "We have good people working," said Jewell. "We want all concerned to know that we're doing the best we can."

Helping Hand Project Accepting Applications

The Helping Hand program, sponsored by Public Service Indiana and the Salvation Army, began accepting applications on Feb. 1.

The program offers financial assistance (up to $30) to low income elderly (age 60 and over) and/or disabled persons to help pay their electric bills.

To be eligible applicants must be residential customers of Public Service Indiana with responsibility for paying their own electric bills; be 60 years of age or over or disabled; and be income eligible according to the following guidelines:

# in Household	Annual Income
1	$7,475
2	$10,025
3	$12,575
4	$15,125
5	$17,675

Applications will be taken during the months of February, March and April. Eligible applicants are to bring their unpaid electric bills and proof of income (check stubs, W-2 forms, etc.) when applying each month. Applications will be taken at the following locations:

Floyd County

South Central Indiana Council for the Aging and Aged Inc., 134 E. Main St., New Albany. Contact Earlene Bennett at 948-8330 Monday, Wednesday and Fridays between the hours of 10 a.m. and 2 p.m.

Floyd County Community Services, 719 E. Eighth St., New Albany. Contact Freda Hunter-Hammonds at 949-6273 Monday through Friday (call for an appointment).

Family Services Bureau, 2818 Grantline Road, New Albany. Contact Mary Ann Carnighan at 944-6120 Monday through Friday (call for an appointment.)

Clark County

Hoosier Valley Economic Opportunity Corp., 510 Spring St., Jeffersonville. Contact Vickie Case at 288-6451 Monday through Friday (call for an appointment).

Harrison County

Harrison County Community Services, W. Walnut St. Corydon. Contact Geneva Sams at 738-8143 Monday through Friday (call for an appointment.)

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Is Ann finished?

Tribune Lifestyle Editor tells all about her boss, Ed LaDuke

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More than meets the eye

Country singer Anderson gets support from family

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Musicals galore

'Jesus Christ Superstar,' 'George M' highlight week

Page 4C

MARCH 25, 1990

Sunday Spectrum

Seniors take work force by storm

By MARILYN STREET YOUNG
Tribune Associate Editor

Four days a week, Ruth Bledsoe arrives at her part-time job as a receptionist at Interfaith Community Council Inc., on time and anxious to work.

For several hours, she spends time answering phones and completing other duties, never tiring of her responsibilities.

Her supervisor, Carol Findling describes Bledsoe as a "very enthusiastic worker" who's "wonderful with people."

Both qualities put Bledsoe in a class above the average worker. Something else that distinguishes her from the average worker is her age — Bledsoe is 75 years old.

According to statistics, the number of older employees in the workforce is on the rise and will continue to increase as we near the 21st century. For a variety of reasons — ranging from financial needs to boredom — older people are returning to work.

Working hard is something Bledsoe has done most of her life. Since her husband died in 1969, she has been the sole breadwinner in her household. "If I want to stay independent — and I do — I have to work." Plus, she said, "It's boring being at home everyday. You do the same things."

Although she has had to slow down a bit (she stopped working a third job a couple of years ago), Bledsoe says working over the years "has kept me young."

> ***"I think it keeps me healthy for one thing. If we stay active, we don't have time to worry about our aches and pain," says 75-year-old Ruth Bledsoe.***

"I think it keeps me healthy for one thing. If we stay active, we don't have time to worry about our aches and pain.

"I worked in a nursing home for a while and there were people there who were 50 years old that couldn't even play bingo. I don't want to become one of those people."

Mildred Watson and Reba Darnell agree that working has helped keep them feeling young also. Both women, who are employed at the Clarksville McDonald's, work part-time in a variety of duties.

Watson, 69, who reports to work before most people even think about getting out of bed, says of her relationship with her much-younger co-workers, "I'm just like one of the girls." In fact, she said, the younger girls also talk to her about their problems.

Working with the younger employees is also a plus for Darnell. "I enjoy working with the young people. They make me feel younger."

Returning to work was a necessity for Watson, who was left with unpaid medical bills following her husband's death. Having worked at restaurants before, Watson decided to apply at McDonald's. "They had a sign up which said they needed help and I needed a job."

at McDonald's because she needed extra money. But her mornings there have quickly become more than just a job.

When most customers visit McDonald's, they expect to be greeted by workers in their teens or early 20s. But, Darnell and Watson said, most customers have been receptive to them. "The children look at me with big eyes like 'What are you doing here?' Teen-agers just sort of ignore us," Darnell said. "But the older customers try to relate to me. It's all in the age of the person."

Similar to Findling's praises for Bledsoe, Ron Vanover, owner of the four area McDonald's restaurants, has plenty of nice things to say about Watson and Darnell and the other older employees he has working for him.

Older workers, he said, can offer something a teen-ager or college student can't — work experience. "I think their work experience is definitely a plus. For the younger ones, (the job) is their first or second one. I think they (older workers) make excellent employees. They are good workers."

Vanover said older workers often understand the meaning of work and the responsibilities that go along with being employed.

And although he realizes most people think of McDonald's employees as teen-agers, Vanover said hiring older workers actually fits in with the history of the company. Founder Ray Kroc, he points out, didn't begin McDonald's until he was 54.

The response about the older workers from the customers and fellow employees has been favorable, Vanover said. "The other (employees) seem to accept them very well and they (the older workers) seem to feel like they're part of the team."

Both Findling and Vanover said they would encourage other employers to hire older workers.

There are local agencies to assist older people who would like to find a job.

Green Thumb, based in Seymour, is a national non-profit agency that offers job training and employment programs for those 55 and over. The agency's mission, Bledsoe said, is to improve the social and economic condition of older Americans by promoting employment and providing training opportunities to update the person's skills.

Most workers placed in jobs through the agency, which is under the auspices of Farmers Union, serve in community jobs, especially at other non-profit agencies. Bledsoe's salary for her work at Interfaith is paid by Green Thumb.

DEPENDABLE WORKERS — Mildred Watson, above, and Reba Darnell are among the increasing number of older people returning to work. Both are employees at the Clarksville McDonald's restaurant. Their boss, owner Ron Vanover, said the older workers in his restaurants are very dependable and capable workers. In fact, he said, he would encourage other businesses to hire older workers because of the work ethic and experience most bring to the job with them. (Tribune photos)

Floyd Theatre seeks directors for festival

Six or more directors are needed for "Stepping into the 90's: The Fourth Annual New Works Festival," to be presented in July by the Floyd County Theatre.

No prior directing experience is required. Interested directors should send resume and letter of interest to the **Floyd County Theatre, P.O. Box 1062, New Albany, IN 47151-1062, Attn: Peter Howard, festival coordinator.**

Directors will be selected before May 1, and those chosen will be contacted. Directors will be required to attend at least two directors' meetings before auditions.

Auditions are scheduled for June 4 and 5. Rehearsals will begin the week of June 11, and performances will be July 20-22 and 27-29.

In addition to directors, volunteers are needed to help backstage. An assistant coordinator will work closely with the coordinator in casting, scheduling and promoting the festival. a

The Floyd County Theatre is also looking for guest directors for the 1990-91 mainstage season. Those interested should also send their resume and letter of interest to the theatre.

For more information on the Floyd County Theatre's New Works Festival and upcoming mainstage season, call Peter Howard at 256-5460 after 5:30 p.m.

Local artist challenges words, actions with work

By ANN ALL
Tribune Lifestyle Editor

Local artist Julie Schweitzer puts a lot of thought into lack of thought.

The 27-year-old Jeffersonville woman said many of her works, currently on display at the Floyd County Museum, focus on the tendency to articulate phrases or act on impulse without considering meaning.

Although Schweitzer's work is based on her dreams, emotions and experiences, the pieces may take on many different meanings, as they are designed to evoke the thoughts and feelings of the viewer.

"My work is a medium through which viewers can embellish their own thoughts and continue the piece in the context of their own lives," she explained.

Many of the pieces for the show were created during Schweitzer's recent residency at the Mary Anderson Center for the Arts in Mount St. Francis.

Schweitzer said the center's restful setting allowed her to "focus intensely" on her work. "I achieved more in three days there than I could have in three weeks at home."

Schweitzer always had the desire to be an artist. "When I was a senior in high school, I took government, economics and six art classes," she said.

While at Indiana University Southeast, Schweitzer's focus shifted from painting to print making. "I had never been exposed to print making before, and I really liked the effect," she said.

However, she became discouraged by intaglio, a traditional print making process, because it was so time consuming. "It took months to do an intaglio. By the time I would finish, I almost didn't care what it looked like."

Schweitzer began to concentrate on monotypes. Typically, the monotype process yielded prints with little color and what Schweitzer called "a loose, smeary effect."

However, the artist refined the process to achieve sharp lines and more realistic renderings. She was also able to produce vivid colors using many layers of translucent color.

Schweitzer has exhibited work at Louisville's Zephyr Gallery, the Mary Anderson Center for the Arts and in many juried shows. She received merit awards in the 1985 and 1987 July Juried Exhibits at the Floyd County Museum.

She feels the local museum provides an appropriate setting for work. "I think it's an intimate space, and my pieces are intimate."

Schweitzer's work often features figurative elements imposed with architectural imagery, including cathedrals, silos, grave stones and statues.

She seems especially drawn to grave stones. Many of her pieces feature an ironic black humor that plays with the idea of death and the literal meaning of words.

In a work called "Precious Lord Take My Hand" a ladder ascending into heaven and a hand reaching down from the sky are superimposed over a tombstone.

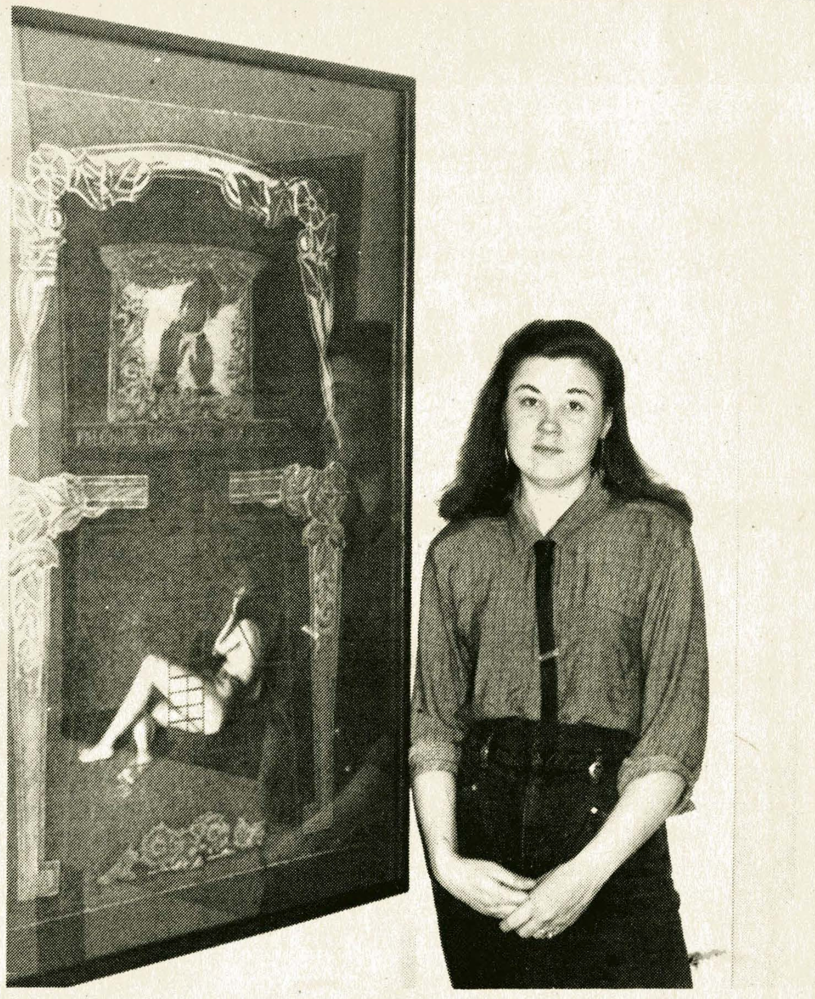
"I'm not into death," Schweitzer said. "But I am into the way people think about death."

Schweitzer's ideas often originate in her dreams. She is working on "perfecting the process" of dreaming.

"I go to sleep thinking of the piece I'm working on, and I keep a sketchpad by my bed so I can take notes," she said. "It's so much easier for me to move shapes and experiment with colors in my sleep."

It's often a challenge for Schweitzer to actually put her subsconcious concepts on paper. "The hardest thing is, you dream in three dimensions, and then you have to work with a two-dimensional surface," she explained.

Her work may be seen at the Floyd County Museum through April 14.



BLACK HUMOR — Local artist Julie Schweitzer stands with one of her works, 'Precious Lord Take My Hand.' The piece features, among other things, a ladder ascending into heaven and a hand reaching down from the sky. It is one of the works currently on display at the Floyd County Museum.

(Tribune photo by Ann All)

MR. AND MRS. JAMES PENNINGTON

Couple marks anniversary

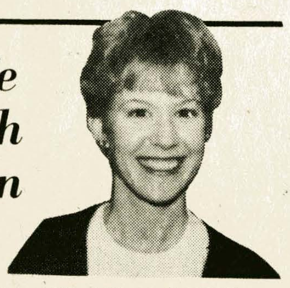
Mr. and Mrs. James V. Pennington will celebrate their 50th wedding anniversary on Sunday, April 1 with a reception from 2-4 p.m. at Selleesburg Church at Christ Reception Hall, 213 S. New Albany St.

Mr. and Mrs. Pennington were married on April 9, 1940 in Hopkinsville, Ky.

The Penningtons have four children: James Pennington of Seattle, Wash.; Randy Pennington of Guam; and Steve Pennington and Karen McGee of Sellersburg. They have 11 grandchildren and one great-grandson.

All friends and relatives are invited to attend the celebration. The couple requests no gifts, please.

Could this be my final column?



Life with Ann

By Ann All, Lifestyle Editor

I'd like to make one thing clear from the very beginning, now that my column will be a regular feature in the Sunday edition of *The Tribune*. I didn't come up with the title, "Life with Ann."

No, I was just as taken aback as the average reader when I saw those words plastered alongside my photo. The title was dreamed up by none other than our intrepid leader, *Tribune* editor Ed LaDuke.

The thing is, I hate the title. I think it sounds like a bad sitcom. Really. It makes me feel like some bizarre, overly cheerful character on "Nick at Nite."

Of course, nothing Ed does surprises me. To give you a good idea of what Ed is really like, let me tell you about the other day when I sent him out to get my lunch.

Ed was headed over to Wolf's, a market near the office that carries deli sandwiches popular with *Tribune* staffers. He nicely asked if he could bring me something back, and since I was famished, I took him up on the offer (after all, this was the same man who once refused to bring in a lunch order from a nearby restaurant because he didn't want to carry those "heavy" styrofoam cartons for a few blocks).

To make sure Ed got my order right, I wrote out a pretty explicit set of instructions. Basically, I wanted a sandwich, a soda and some Ding Dongs, those yummy chocolate snack cakes. I went over the list with Ed and stopped just short of pinning it to his sweater before he left the newsroom.

When Ed returned, I discovered that not only was my sandwich laden with unwanted toppings (American cheese instead of Swiss), but there were no Ding Dongs.

Ed's explanation: "They didn't have Ding Dongs. They just had something called King Dons."

Well, of course Ding Dongs and King Dons are the SAME THING! Hostess apparently changed the name some time ago.

Now, even if Ed wasn't as familiar with junk food as your average consumer, there's a picture of the item and the descriptive phrase, "chocolate cake with creamy filling," RIGHT ON THE PACKAGE!

I'm not a picky person. But I don't have to tell you how awful it is to have your taste buds primed for a certain item -- and then have to go without. I had an unrequited longing for sugary junk food all day.

All this may make Ed sound like some kind of a dimwit. But I have to give him credit. I can't fault his philosophy, "Do something bad enough the first time and you'll never get asked again." It really works.

Ever since the "Ding Dong incident," I've been fetching my own lunch.

Area menus announced

New Albany-Floyd County Schools

MONDAY, March 26: Hot Dogs, French Fries, Pears, P.B. Confection, Milk.

TUESDAY, March 27: Tacos, Criss-Cut Fries, Applesauce, Jello, Milk

WEDNESDAY, March 28: BBQ on Bun, Potato Rounds, Pineapple, Birthday Cake, Milk.

THURSDAY, March 29: No Lunch.

FRIDAY, March 30: No Lunch.

Clarksville Schools

MONDAY, March 26: Ravioli, Green Beans, Garlic Bread, Baked Apples, Milk.

TUESDAY, March 27: Pizza, French Fries, Jello W/Fruit, Milk.

WEDNESDAY, March 28: Tacos W/Grated Cheese, Lettuce & Diced Tomatoes, Buttered Corn, Cake W/Chocolate Icing, Milk.

THURSDAY, March 29: Deli Sandwich, Baked Beans, Shredded Lettuce, Banana Pudding, Milk.

FRIDAY, March 30: Fish on Bun, Macaroni & Cheese, Pepper Slaw, Peaches, Milk.

Menu for the Elderly

MONDAY, March 26: Beef Vegetable Soup, Broccoli Casserole, Saltines/Oleo, Chilled Mixed Fruit, Milk.

TUESDAY, March 27: Smoked Sausage, Green Beans, Mashed Potatoes, Corn Bread/Oleo, Tangerine, Milk.

WEDNESDAY, March 28: Cheese Burger on Bun, Cole Slaw, Tater Tots, Butterscotch Pudding, Milk.

THURSDAY, March 29: Fried Chicken, Seasoned Kale, Au Gratin Potatoes, Roll/Oleo, Vanilla Ice Cream, Milk.

FRIDAY, March 30: Tuna Noodle Casserole, Stewed Tomatoes, Buttered Peas & Carrots, Wheat Bread W/Oleo, Cherry Turnover, Milk.

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Bride not happy with usher's new look

Dear Abby

by Abigail Van Buren

DEAR ABBY: About six months ago, my husband's niece, "Heather," became engaged and asked our younger son, "Don," to be an usher at her wedding, which will take place next month. Don accepted.

We felt that Heather asked Don instead of his older brother, "Doug," because Doug had long hair. (Doug's hair is a beautiful shade of auburn and is always kept clean.)

Well, Don let his hair grow and now it's as long as Doug's. Don also had his ears pierced, and he wears small stud-type earrings.

When Heather saw Don with his "new look," she blew a gasket and asked me, "What's the deal with Don's earrings? And does he intend to wear them at the wedding?" (She said this behind Don's back when he was in the next room.)

I told her I didn't know. Then she criticized me for allowing my son to pierce his ears, saying if she were his mother, she'd never allow it. I told her if she wanted to have a decent relationship with her children, there would be times when she would have to let them do their own thing or she would lose them. Then she tried to make it sound like the priest wouldn't allow a man who wore earrings to be in the wedding.

Abby, should Don put his feelings aside and take the earrings out to be in the wedding? Or should he tell Heather he plans to wear them and leave the decision up to her? -- DON'S MOTHER

DEAR MOTHER: I would hope that if Don is adamant about wearing the earrings in the wedding, he would tell Heather at once. Then she can decide to accept it or ask someone else to be an usher.

-- -- --

DEAR ABBY: On Valentine's Day, I sent my husband a small bouquet of flowers to show him how much I love and appreciate him.

When the flowers arrived, his co-workers must have made him the laughingstock of the office, because when he came home he said, "Honey, please don't send me any more flowers at work." Then he told me that the guys at work teased him all day, calling him "Loverboy" because of the flowers.

Abby, I don't see why a man should be made fun of just because his wife wants his co-workers to know how much she loves him. I can't see where sending flowers is something to be made fun of, can you? -- VALENTINE

DEAR VALENTINE: No. Your husband's co-workers may have been jealous. That kind of behavior might be expected of grade-school kids, but not grown-ups.

However, since your husband has asked you not to send any more flowers to his workplace, respect his wishes. Next year, send a box of candy he can share with his co-workers. They could use some sweetening up.

CONFIDENTIAL TO "HATES WAR" IN ANCHORAGE, ALASKA: No one said it better than another military man: "Every gun that is made, every warship launched, every rocket fired, signifies a theft from those who hunger and are not fed, those who are cold and are not clothed. The world in arms is not spending money alone. It is spending the sweat of its laborers, the genius of its scientists, the hopes of its children. This is not a way of life at all in any true sense. Under the cloud of war, it is humanity hanging on a cross of iron." -- DWIGHT D. EISENHOWER (1953)

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The Ba ette

Newsstand Price 25¢

Circulation 13,500 71st Year of Publication, Issue No. 12 Wednesday, February 14, 1990

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NEW ALBANY IN 47150

Freeze Placed on Meal Program for the Elderly

For the first time in its 16 year history, the Elderly Nutrition Program of the South Central Indiana Council for the Aging and Aged Inc., is limiting the number of meals being served in its four county area of Clark, Floyd, Harrison and Scott. A freeze on all requests for home-delivered meals is in effect and caps at each congregate site have been implemented.

These extreme measures have been taken because the federal funding has not increased sufficiently to offset the inflationary cost and the increase in meal requests. The Elderly Nutrition Program has received funding for 643 meals a day and is currently serving 721 meals a day. Forty-seven percent are served in the fifteen congregate nutrition sites and 53 percent are home-delivered to homebound elderly.

The freeze on all requests for home-delivered meals means that new requests cannot be honored at this time. This has a direct effect on patients being dismissed from the hospital or health care facility, on older persons who find themselves needing a few supportive services to remain in their homes, and on family members who cannot provide a hot meal for an older relative because of work schedules. Those clients who are presently receiving home-delivered meals will not be affected unless a reassessment indicates that the need is no longer there.

The caps on the number of meals being served each day in the nutrition sites are based on average attendance with a three percent cut. The average attendance on any given day will not be affected. All requesting service will be able to be served. However, on special days some participants at all sites will be turned away because the caps have been reached.

Participants at the congregate nutrition sites not only receive a hot meal, but also have the opportunity to socialize with others. This helps prevent depression and social isolation in the elderly.

According to Nancy Shiner, Nutrition Director, these measures follow drastic measures taken in 1989. These included a four-month freeze on requests for home-delivered meals and a waiting list of over 100 people, shortening hours at the congregate nutrition sites, replacing paid meal deliverers with volunteers, and increasing voluntary contributions from the clients. Last year the program had the option of offering Dail-A-Meal to people requesting meals. Dial-A-Meal will deliver a hot nutritious meal five days a week for the full cost of the meal. The full cost of a meal is $3. As of now, this is not an option because the delivery routes are at their saturation points.

In addition to the present freeze on home-delivered meal requests and the caps on congregate service, Shiner indicated that clients will be encouraged to continue with their voluntary contributions. A walkathon is being planned for later this year and the public will be asked for contributions to the Elderly Nutrition Program.

Anyone wishing to make a contribution to the program may do so by mailing a check to: The Elderly Nutrition Program, Area 14 Agency on Aging, 134 E. Main Street, New Albany, IN 47150.

All money will be marked for the county from which it is received and will be used for meals in that county.

Banner Gazette
3/21/90

Search for Centenarians

The search is on for Hoosiers 100 years of age or older.

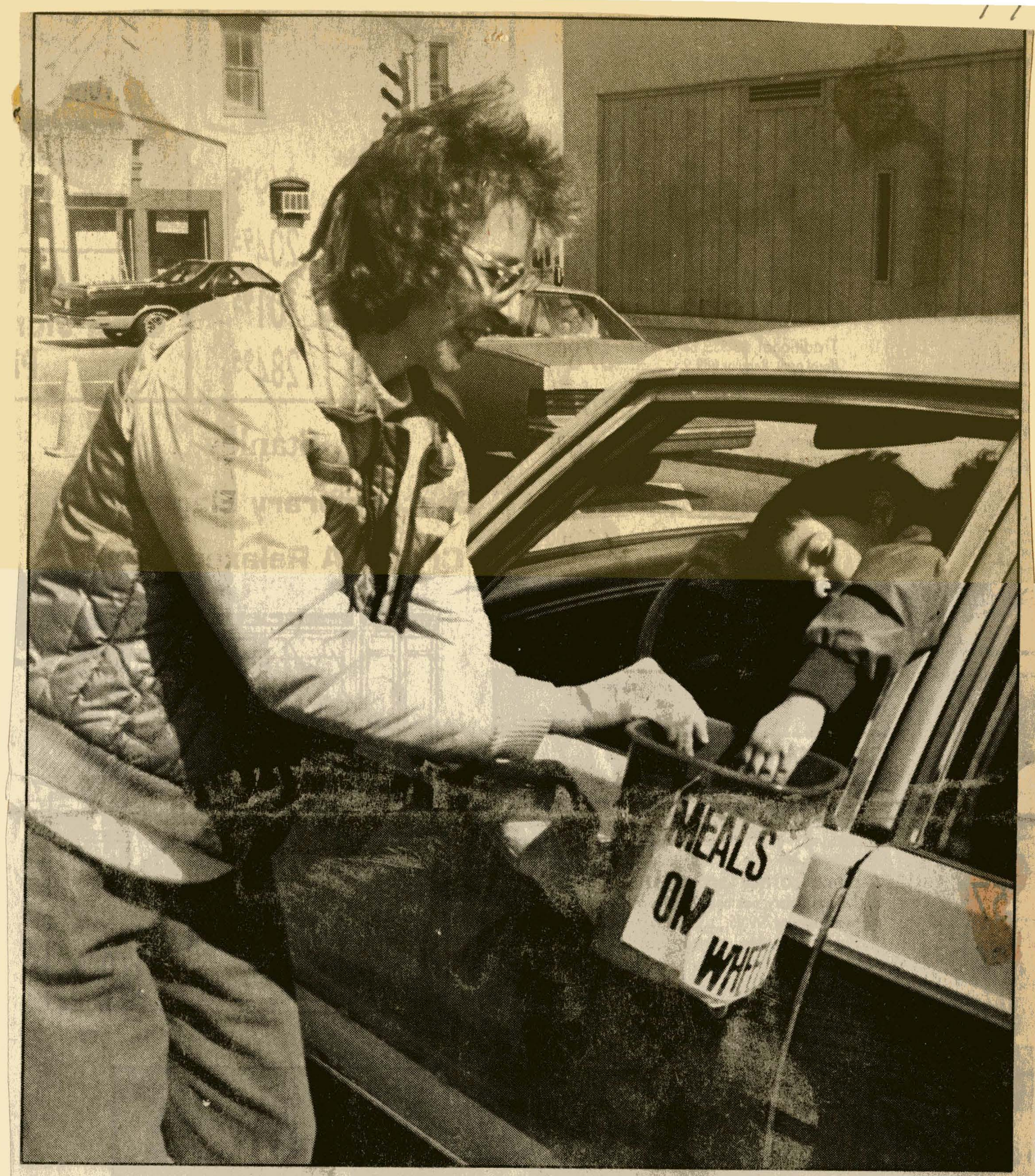
Centenarians will be recognized by Governor Evan Bayh during a ceremony honoring older adults on May 1 at the State House in Indianapolis. He will personally award Century Club Certificates to the centenarians who are able to attend the ceremony. Certificates will be mailed to those unable to attend.

The State House ceremony will include a presentation by Gov. Bayh proclaiming the month of May as Older Americans Month in Indiana.

The names, birthdates and addresses of interested centenarians must be submitted to the South Central Indiana Council for the Aging and Aged Inc., 134 E. Main St., New Albany, IN, 47150 by March 26. Information may also be submitted by calling South Central at 949-0147.

It is unknown how many centenarians there are in Indiana. The Bureau of Census estimates that there are approximately 25,000 people in the country who are 100 years of age or older.

The 85-plus population is one of the fastest growing age groups in the country. In Indiana, there are an estimated 77,950 people who are 85 years of age or older.



Helping replace fund cutbacks

HELPING HANDS ON THE STREET — Members of the New Albany Jaycees took to the street corners over the weekend to seek donations to assist the "Meals on Wheels" program of the South Central Indiana Council for the Aging and Aged. Nancy Shiner, nutrition director for the council helped out Saturday at the roadblocks by the Jaycees as she collects money from a young man, Jace Lenfert who was riding with his mother Anita, who had stopped at the intersection at State and Elm streets. The South Central Council supplies free meals to those shut-in senior citizens. Due to cutbacks of federal funds the meals on wheels program is being hampered somewhat this year without the funds.
(Tribune Photo by Paul Schellenberger)

3/18/90

Banner Gazette
3/14/90

National 'Employ the Older Worker Week' Now Going On

As the nation approaches the year 2000, changes in the workforce are taking place. In 1980 23.6 percent of the workforce were between the ages of 16 and 24. 1984 saw a decline of 2.5 percent in this age bracket. By the 1990s only 17.3 percent of the population will be between 16 and 24 years of age.

At the same time the younger workforce is shrinking the number of older individuals age 55 or older is increasing. In 1960 17.9 percent of the population was 55 or older. A 3.1 percent increase was seen in 1984. By 2050, one in three persons will be over 55.

Today's job market is competitive and requires greater skill in the application process. Also, specific skills such as computer and word processing are in demand. Many older individuals lack these necessary skills.

The Senior Community Service Employment Program administered by the South Central Indiana Council for the Aging and Aged Inc. addresses the unique problem of older workers residing in Clark, Floyd, Harrison and Scott Counties.

This program is funded through Title V of the Older Americans Act and is designed to provide employment and training assistance to individuals 55 year or older. Employment consists of temporary and part-time placement, 20-25 hours per week at the current federal minimum wage rate. Individuals are placed in public, non-profit organizations based on their skills and abilities for 24 months. During this period they are provided with job search/readiness training enabling them to locate gainful employment.

The primary goal of this program is to prepare the older worker for permanent, unsubsidized employment. Many individuals acquire the necessary skills for today's job market and become valuable assets for employers.

March 11-17 of this year was proclaimed as 'National Employ the Older Worker Week.'

Additional information about the Senior Community Service Employment Program can be obtained by contacting Sheila Becovitz at 944-6003.

Banner Gazette 3/14/90

Caregiver Support Group to Meet

Pat Jewell, executive director of the South Central Indiana Council for the Aging, will be the guest speaker at the March 27 meeting of Floyd Memorial Hospital's Caregiver Support Group

Jewell will speak on programs available through the agency

The meeting will be held from 4:30 to 6 p.m. in the 3D classroom of the hospital.

The group provides emotional support for persons who care for anolder family member or disabled young adult or child.

For more information, call Jan Hockensmith at 948-7447.

NA-FC Health Department Offers Health Programs in March

The New Albany-Floyd County Health Department, in an effort to increase the public's awareness of health issues, will be offering two classes during the month of March.

The first class, Fat Stuff, will be offered at four locations during the month. Cathy Prasad, a registered nurse with the health department, will present a 30-minute video on low fat, low cholesterol diets. Following the video, she will answer questions concerning low fat and low cholesterol diets.

(Meal Sites)

The class will be presented on Monday, March 12, at 11 a.m. at the Parkview Towers, located on Fisher Drive in New Albany; on Wednesday, March 14, at 12 noon at the Georgetown Nutrition Site on Old Highway 64; on Thursday, March 15, at 11 a.m. at the Ken Ellis Center located at 211 Martin Circle in Jeffersonville; and Wednesday, March 21, at 12 noon at the Mark Elrod Towers located at No. 1 Wolfe Trace in New Albany.

The second class is an immunization clinic. Immunizations are provided on a weekly basis through the walk-in clinic held at the Health Department's office in the City-County Building in New Albany. The group serves Floyd County, but will also provide immunizations to residents who live out of the county. There is a $1.50 fee per shot for services rendered, but no client will be denied immunizations for inability to pay.

Immunizations available include: DPT (Diptheria, Tetanus and Pertussis), MMR (Mumps, Measles and Rubella), HIB (Haemophilus b conjugate vaccine) and Polio vaccines.

If a child has not been to the clinic then parents should bring a copy of their child's immunization record. Parents should present the record before any services can be rendered.

Clinic dates are March 13, 20 and 27. Each clinic will be from 8:30 till 11 a.m.

Immunizations will be given on a appointment basis only.

For more information please contact the NA-FC Health Department at 948-5340.

Local

Tribuné 3/18/90

Correction

In Friday's edition, the local woman who graduated from U.S. Navy's basic training was misidentified. Her name is Pamela Sue Jones Holland.

Tarc pass available

Senior citizens 65 or older can obtain a Tarc pass at the Ken Ellis Senior Citizen Center, 211 Martin Circle, Jeffersonville. The passes will be available on Thursday at 11 a.m. You must show proof of age, provide social security number and pay 50 cents. This is sponsored by the South Central Indiana Council for the Aging.

Local

'Jewell' of speaker

Pat Jewell, executive director of the South Central Indiana Council for the Aging, will be the guest speaker at the March 27 meeting of Floyd Memorial Hospital's Careagiver Support Group.

Jewell will speak on programs available through the agency.

The meeting will held from 4:30 to 6 p.m. in the 3C classroom of the hospital.

The group provides emotional support for persons who care for an older family member or disabled young adult or child.

For more information, call Jan Hockensmith at 948-7447.

2

The Tribune,
New Albany, Ind.,
Friday, March 16, 1990

Training for seniors

As the nation approaches the year 2000, changes in the workforce are taking place.

In 1980, 23.6 percent of the workforce was between the ages of 16 and 24. However, 1984 saw a decline of 2.5 percent in this age bracket. By the 1990s only 17.3 percent of the population will be between 16 and 24.

At the same time the younger workforce is shrinking, the number of older individuals age 55 plus is increasing. Nearly 18 percent of the population was 55 years and older in 1960. A 3.1 percent increase was seen by 1984. By 2050, 1 in 3 persons will be over 55.

Today's job market is competitive and requires greater skill in the application process. Also, specific skills such as computer and word processing are in demand. Many older individuals lack these necessary skills.

The Senior Community Service Employement Program Administered by the South Central Indiana Council for the Aging and Aged, Inc. addresses the unique problem of older workers residing in Clark, Floyd, Harrison and Scott counties.

This program is funded through Title V of the Older Americans Act and is designed to provide employement and training assistance to individuals 55 or older. Employment consists of temporary and part-time placement, 20-25 hours per week at the current federal minimum wage rate.

Individuals are placed in public, non-profit organizations based on their skills and abilities for two years. During this period they are provided with Job Search/ Readiness Training enabling them to locate gainful employment.

The primary goal of this program is to prepare the older worker for permanent, non-subsidized employment. Many individuals acquire the necessary skills for today's job market and become valuable assets for employers.

This week is "National Employ The Older Worker Week."

Additional information about the Senior Community Service Employment Program can be obtained by contacting Sheila Becovitz, at 944-6003.

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6 Lifestyle

The Tribune,
New Albany, Ind.,
Wednesday, March 21, 1990

Program helps senior citizens find employment

By ANN ALL
Tribune Lifestyle Editor

In today's job market, many employers seem to value youth over experience. That's a trend the South Central Indiana Council for the Aging and Aged, Inc. hopes to reverse.

"There does seem to be a stereotype that the average person 55 or older is frail and barely able to take care of himself, much less work," said Sheila Becovitz, the council's older worker employment coordinator.

Becovitz places qualified senior citizens in temporary, part-time jobs through the Senior Community Service Employment Program. Participants are employed 20-25 hours a week by public, non-profit organizations at the federal minimum wage rate.

Each term of employment is no longer than two years. During that period, seniors receive job search/ readiness training, which is designed to help them upgrade marketable skills.

"The primary goal of the program is to prepare the older worker for permanent, unsubsidized employment," Becovitz said. "Many individuals acquire the necessary skills for today's job market through our training."

The Senior Community Service Program has been in existance since 1968, although it has only been available locally since 1977. The area agency serves older residents of Floyd, Clark, Harrison and Scott counties. The program is funded through Title V of the Older Americans Act.

Becovitz predicts the program will continue to grow as the young workforce shrinks and America's population ages. "In the 1990s, only 17.3 percent of the population will be 16-24 years old," she said. "And, by 2050, one in every three persons will be over 55."

Becovitz said the majority of her clients seeking employment are females aged 55-62, either widowed or divorced. "Usually they're existing only on wages they get through the program. Sometimes we're able to find some type of supplement for them, but this is rare."

The clients are often filled with fear and anxiety at the prospect of looking for work. "Lack of confidence is the number one factor I see," Becovitz said.

"When they're placed in the program, their confidence level soars," Becovitz added. "And the program does provide income for them in the interim period between employment and non-employment."

Becovitz creates an "employability development plan" for all clients. The plan takes into account their past work history, marketable interests and skills and any barriers to employment. All clients also take a basic skills test.

Becovitz then places the client with an appropriate agency. The process normally takes about two weeks.

Becovitz placed Helen Anderson, a 55-year-old Clarksville resident, with the Providence Retirement Home Adult Day Care Center. Anderson has been assistant director at the center for the past seven months.

Anderson said it was a "challenge" finding work when her husband died several years ago. "It's difficult to find a job when you're over 50. I hadn't worked for about 30 years, so it was really tough for me."

She said the program gave her confidence. "It really helped me, especially since I had been out of work for so long."

Anderson said she needs the income. She won't be eligible for Social Security benefits for another five years. But that's not the only reason she wants to continue working.

"I want to keep working as long as I'm able," she said. "I'm contributing something to the outside world and I'm helping myself too."

Eleanor Hansen, a 64-year-old New Albany resident, currently works as a clerical assistant at Lillian Emery Elementary School through the Senior Community Service Employment Program. Previously, she was placed in similar positions at George Rogers Clark Elementary School in Clarksville and at the Southern Indiana Council for the Aged and Aging office.

Hansen had done office work most of her life. When her husband had a stroke five years ago, Hansen quit work to care for him. After his death, she found it difficult to re-enter the work force on her own.

"I looked for several months and had a few interviews," she said. "But I think employers feel like you're going to retire when you hit 65, so they're reluctant to hire you."

Retirement at age 65 is not always automatic, Hansen emphasized. "There are a lot of people older than 65 who want work and need the income. The need is clear -- not only financially, but mentally as well."

The employment program gave Hansen a needed boost. "They're so willing to help. They understand your problems and take you at face value," she said. "It really gives you incentive to do your best and prove yourself."

She has received computer training through the program and plans to enter a training program for tutors in the fall. "I don't think I could have gotten this far without the program," she said.

For more information on the Senior Community Service Employment Program, call Becovitz at 944-6003.

WORKING GIRL — Eleanor Hansen found work as a clerical assistant at Lillian Emery Elementary School through the Senior Community Service Employment Program. The 64-year-old local resident hopes to enroll in a tutor training program in the fall.
(Tribune photo by Don Beck)

Letters

Do churches make Jesus unaffordable?

March 8, 1990
Floyds Knobs, Ind.

There was a recent story on the local evening news about some elderly people in Southern Indiana who are going hungry because of government cutbacks.

How can this be happening in an area with so many churches? Not one single person in our community should be going hungry. Not one!

If people are going hungry, we, as Christians, should be taking a long, hard look at our priorities. The Christian church prides itself with being committed to saving souls. I have worked with the poor and homeless and I can tell you that they see us in a very different light. Many are hurt, bitter and angry.

Many of the poor see Christ as just one more thing that they can't have or afford. The church knows that this is not true, but if those on the outside believe it, we must be doing something wrong.

When I talk to people about the poor and homeless, I usually hear one of two things. "Let them pull themselves up by their boot straps" or, as Christians are famous for quoting, "The poor will always be with you."

I am convinced that the poor will always be with us as an opportunity for us to practice what we preach. As it is, we are not doing it. Our efforts are token at best.

The Kentuckiana area alone has over 6,000 homeless. Now we hear that some of our elderly are going hungry.

Could it be that we are so busy "playing church" and building buildings that we can't see the forest for the trees? There is no excuse for so many churches and so many poor and homeless. The knowledge of it should make us all squirm in our pews. Can we change this situation? You bet we can, but we will have to get off of our pews and come out of our churches to do it.

The church has been instructed to first meet a man's physical needs, then the spiritual. With some effort and a shift in priorities, we can do it!

I challenge every church sitting on a plot of God's good earth to set aside one-tenth (a tithe) of their land to grow a vegetable garden and then give the food away. The poor would benefit, and every member of the church as well. Those with gardening skills can share their knowledge. Women with food preservation and canning skills can share that art with others. Youth groups alone can learn practical and spiritual lessons from the simple task of weeding. Various classes in the church can have fund-raisers to purchase canners and jars.

Imagine the difference that could be made if every church would raise the funds to pay a local farmer to raise and butcher just one cow.

There are a multitude of places to donate such food. Kentucky harvest alone could handle such a donation. They serve Kentucky and Southern Indiana. Their example has also caught national attention.

If every church grew a garden, think of how many could be fed. If your minister or church board tells you that a garden can't be done or that it will ruin your landscaping or that it won't look dignified, get rid of them and shake the dust off your feet! They don't serve who they claim to.

It is a disgrace to allow this situation to continue. As Christians, we say we love to witness. What better witness for those who drive by our churches to see our garden for the poor and our faith at work? They will see that we are more than just a building, that we do practice what we preach.

The bottom line is that the day will come when each of us will be asked the question, "When I was hungry did you feed me?" What will your answer be?

CONNIE FLEMING

3/14/90

IN. WEEKLY
3/22/90

Memos

The South Central Indiana Council for the Aging & Aged Inc. is looking for the names of **Hoosiers ages 100 and older** to be recognized by Gov. Evan Bayh during a ceremony honoring older adults May 1 at the State House in Indianapolis. Bayh also will proclaim May Older Americans Month in Indiana.

Name, birth dates and addresses of interested centenarians must be submitted to the council office, 134 E. Main St., New Albany, Ind., 47150, by March 26. Or, to submit information by phone, call 948-0147.

A4 The Evening News, Jeffersonville, Ind., Monday, April 23, 1990

OPINION:

Letters to the editor

Dear Editor:

The Elderly Nutrition Program wishes to thank all those in your area who responded with donations to the home-delivered meal program for the homebnound elderly. For us working with the elderly, it has been very heartwarming to see the community respond to the plight of this program.

At this time we have put a freeze on new requests for home-delivered meals because our federal funding has not increased sufficiently to match our inflationary costs and the increased number of requests for service. The clients being served on this program are asked to make a voluntary contribution for each meal received. But we still are falling short. Hopefully, with these donations, we will be able to begin filling new requests for home-delivered meals in the near future.

Sincerely,
Patricia Jewell
Executive Director
Nancy Shiner
Nutrition Director

Readers write

No one here should go hungry

Dear Editor,

There was a recent story on the local evening news about some elderly people in southern Indiana who are going hungry because of government cutbacks. How can this be happening in an area with so many churches? Not one single person in our community should be going hungry — not one!

If people are going hungry, we, as Christians, should be taking a long, hard look at our priorities.

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I am convinced that the poor will always be with us as an opportunity for us to practice what we preach. As it is, we are not doing it and our efforts are token at best. The Kentuckiana area alone, has over 6,000 homeless. Now we hear that some of our elderly are going hungry.

Could it be that we are so busy "playing church" and building buildings that we can't see the forest for the trees? There is no excuse for so many churches and so many poor and homeless. The knowledge of it should make us all squirm in our pews.

Can we change this situation? You bet we can, but we will have to get off of our pews and come out of our churches to do it. The church has been instructed to first meet a man's physical needs, then the spiritual. With some efforts and a shift in priorities, we can do it.

I challenge every church setting on a plot of God's good earth to set aside one-tenth, a tithe, of their land to grow a vegetable garden and then give the food away. The poor would benefit as would every member of the church, as well. Those with gardening skills can share their knowledge. Women with food preservation and canning skills can share that art with others. Young groups alone can learn practical and spiritual lessons from the simple task of weeding. Various classes in the church can have fundraisers to purchase canners and jars.

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The bottom line is that the day will come when all of us will be asked the question, "When I was hungry did you feed me?" What will our answers be?

Connie Fleming,
Floyds Knobs

Tribune
3/13/90

Older Americans Month Observed

President Bush has proclaimed May as "Older Americans Month." This year's celebration will honor the 25 years of achievements of the Older Americans Act and the many positive changes it has made in the lives of the nation's elderly, said Michael R. Hetzel, Society Security district manager in New Albany.

Virtually every elderly American has benefited in some way as a result of passage of the act. People have received home-delivered meals, homemaker and home aide services, and many other services through funds provided by the act.

In this area, the South Central Indiana Council for the Aging and Aged Inc. provides or funds these services.

In Clark, Floyd, and Harrison Counties, the council and the New Albany Social Security office have launched a joint effort to increase public awareness of the Supplemental Security Income (SSI) program.

SSI is a federal program, administered by Social Security, which makes monthly payments to individuals age 65 or older, blind, or disabled who have limited income and resources.

Studies have shown as many as 50 percent of those who meet the aged requirements for SSI have not applied for it.

Look for the council's and Social Security's booths at the Safety Fair at the Harrison Fairgrounds on May 19. Information about Social Security and SSI will be available there.

If anyone would like to apply for SSI, but needs assistance; the Council for the Aging will help by making the appointment with Social Security and assisting with the application process.

An individual who is either 65 or older, blind, or disabled must have unearned monthly income less than $406 a month and less than $2,000 in resources. For a couple, the monthly unearned income must be less than $599 a month and less than $3,000 in resources.

Resources do not include the individual's home and there are other exclusions for automobiles, life insurance policies and burial funds.

For further information or assistance, contact Social Security at 1-800-234-5772 between 7 a.m. and 7 p.m. or call the South Central Indiana Council for the Aged and Aging Inc. at 948-8330.

5/9/90
Banner Gazett

JOB PLACEMENT — Participating in a recent session on placement skills training at the New Albany-Floyd County Public Library were, left to right: Pam Fox and Marguerite Knowland, both of Indiana Green Thumb; and Dorothy Reece and Sheila Becovitz, both of the Senior Community Service Employment Program.

3/15/90

(Tribune photo by Don Beck)

Readers write

Jaycees do a lot of good for community

Dear Editor,

It seems that every time something good happens on the riverfront, such as a concert, some kind of fund-raiser, a city function or whatever, it is called the River Front Overlook Park. But let something bad happen — someone getting mugged, a wild party, a rape or such, it is called the Jaycee River Front Park.

In every news release heard this past weekend, whether newspaper, radio or television, it was called the Jaycee River Front Park.

It cannot be recalled about having this type or as much trouble on the riverfront before the overlook was built. Maybe the overlook should be torn down and the park put back the way it was several years ago.

I think the Jaycees should be given a public apology for the use of their name in this type of situation.

The Jaycees have done worthwhile things around the community, such as the annual Christmas shopping for needy kids, running charity roadblocks for the Muscular Dystrophy Association, Crusade for Children and the latest one a few weeks ago when over $750 was raised for the Meals on Wheels for the elderly.

Also a couple of weeks ago, the Jaycees held a teen dance to give the youth something to do. The Jaycees were responsible for the start of the hospital which we now have in New Albany. About 40 years ago, the Jaycees sold brick on the street corners to raise funds to build the hopsital.

The list could go on, these are but a few.

The Jaycees wish to thank the community for the support they have given us in the past, and our hopes that it continues in the future.

Joe Marking,
Life Member.
New Albany Jaycees

Tribune
4/24/90

Corydon Democrat
5/30/90

Looking ahead

This listing is limited to non-profit groups in Harrison and Crawford counties. Those public service groups of general interest which meet on a regular basis may be listed permanently. All others, please notify Joy Lindauer, 738-2211, by noon Tuesday.

Area 14 Senior Citizens are invited to attend a senior prom on Monday, June 25, from 7 to 9 p.m. It will be held at St. Augustine's parish Hall, 316 E. Maple St., Jeffersonville. Music will be by the Don Phillips Orchestra. The $3 admission includes punch and cookies.

New Amsterdam United Methodist Church will host its church reunion on Sunday, June 10. Dinner will be served at 12:30 p.m. The program will begin at 2 and will feature "The New Beginners." Everyone is welcome.

Stitches in Time, quilt exhibit, June 1 to 16, Gov. Hendricks House, Corydon Capital State Historic Site, closed Mondays, also Tuesday and Sunday mornings. No entry fee for quilts; entrants may bring two for display. For more information, call Helen Reas, Corydon Capital State Historic Site, 738-4890.

Local agency seeks outstanding seniors

The South Central Indiana Council for the Aging & Aged, Inc. is conducting a search for its 1990 Area 14 Woman of the Year and Older Hoosier of the Year candidates. Applicants must be residents of Floyd, Clark, Harrison or Scott counties in Indiana.

The Woman of the Year (formerly Senior Queen) award is open to any woman age 65 or older and will recognize her lifetime achievements, volunteer work and civic contributions. Nominees are judged on community and civic achievements; poise and appearance; and a personal interview session.

The local winner will be honored along with 15 other representatives at the Indiana State Fair on August 17. In addition, she will participatate in several functions, as well as Harvest Homecoming events.

The agency is also looking for our Older HOosier of the Year candidate. This award recognizes an outstanding Hoosier (male or female) for a lifetime of service to his/her community and encourages continued service. Candidates must be at least 65 years of age and have accomplishments related to service to the community -- aging programs in particular.

The local Older Hoosier will be honored at the 1990 Governor's Conference on Aging on Oct. 30. This award is the highest honor bestowed on a senior by the Indiana Department of Human Services.

Both local awards will be announced at the agency's Senior Prom on Monday, June 25 at St. Augustine's Parish Hall, 316 E. Maple St. in Jeffersonville. The Don Phillips Orchestra will provide the musical entertainment at the event, scheduled for 7 to 9 p.m. It is open to th public and tickets will be $3 per person, limited to the first 275 responding. The prom is in conjunction with Jeffersonville Parks and Recreation.

Previous winners of the local and state Senior Queen and Older Hoosier of the Year awards are not eligible for the 1990 awards. The deadline to submit nominations/applications is May 21. For more information, reservations or application forms, please contact Earlene Bennett at 948-8330.

Tribune 5/2/90

The Banner-Gazett

Wednesday, May 2, 1990

Community Forum Planned by Council for Aged and Aging

The public has been invited to attend a community forum on issues of concern to older persons on Thursday, May 10, at the Ken Ellis Senior Center, located at 211 Martin Circle in Jeffersonville.

The forum is sponsored by the Indiana Department of Human Services and the South Central Indiana Council for the Aging and Aged Inc.

The program will begin at 10 a.m. and end at 11:30. The format will consist of: an overview of services/priorities by George Brown, director for the Aging Division of the Department of Human Services; audience participation to identify major issues affecting seniors; a one page needs survey conducted by Robin Grant on behalf of the Governor's office; and comments from participants about specific service concerns.

The forum will offer the general public the opportunity to ask questions of aforementioned individuals/organizations and should provide answers/information to those requesting it.

For more information on the forum please contact the South Central Indiana Council for the Aging and Aged Inc., at 948-8330 and ask for Earlene Bennett.

Limited transportation will be available for those who have no other way by calling 948-9701.

Senior games week announced

South Central Indiana Council for the Aging & Aged Inc. announces Senior Games of Indiana for June 4 through 8. T-shirts for the event are in. The first 700 seniors who sign up will receive the blue shirt free of charge.

Games include walks, paper airplanes, bingo, golf, fishing, horseshoes, basketball toss and bowling, euchre, bridge, pinochle, checkers and swimming.

Application blanks and a complete schedule of times and events are available at the Council office, 134 E. Main St., New Albany. The games are for seniors 55 and older living in Clark, Floyd, Harrison and Scott counties. Registration is $5 and covers all activities except for a cholesterol test, which will cost $10. The test is part of a Health Fair scheduled for June 6, which provides several free tests.

Closing ceremonies will be at the Grand Convention Center, with "The Bavarians," a German band, providing entertainment. There will be nine booths, prizes, awards, and a free lunch for all participants and guests.

For more information, call 1-948-8330.

Democrat 5/9/90

THE COURIER-JOURNAL, SATURDAY, MAY 12, 1990

Council on aging agrees to help seek people eligible for SSI benefits

By DAVID CAZARES
Staff Writer

NEW ALBANY, Ind. — The South Central Indiana Council for the Aging and Aged Inc. announced yesterday that it will work with the Social Security Administration to find people who may be eligible for more federal benefits.

The Supplemental Security Income program, which is run by the administration, provides monthly benefits to people who are 65 or older, or blind or disabled, and who have limited incomes. The maximum benefit is $386 a month per person or $579 a month per married couple.

In Clark, Floyd, Harrison and Scott counties, about 32,700 people receive Social Security benefits, and more than 2,500 receive Supplemental Security Income; some receive both.

Monthly benefits paid under the supplemental program in the four counties total more than $584,000; the average monthly payment is about $233.

Still, Social Security officials say they believe many people who might qualify for the additional income haven't applied for it, perhaps because they don't know it is available.

Michael R. Hetzel, district manager of the administration, said studies show that about 50 percent of those eligible for the money are not receiving it.

To help locate people who might qualify, the council and the New Albany district office of the administration have joined forces.

Individual applicants must have unearned income of less than $406 a month and less than $2,000 in resources. Couples must have monthly unearned income less than $599 a month and less than $3,000 in resources.

Hetzel said the administration considers as resources stocks, bonds, dividends, certificates of deposit and individual retirement accounts. He said homes, automobiles, some life-insurance policies and burial funds are not considered resources.

Hetzel said the administration has tried to reach potential recipients before but has had limited success because many of the people who are eligible for the benefits do not read newspapers or listen to radio.

"They're not the kind of people who will pick up the telephone and call the agency," Hetzel said. "What they will do is talk to people who they have a one-on-one relationship with. And that's what the council on aging does."

The council serves about 700 meals a day in the four counties, about half of them served at 15 locations, and half delivered to homes. Fliers explaining the program will be distributed with meals, and information

See COUNCIL
PAGE 12, col. 1, this section

eligible for benefits

with the Social Security office and the application process.

formation on the supplemental income program may be obtained by calling the Social Security ation in New Albany at 5772 between 7 a.m. and 7 calling the South Central ouncil for the Aging and 812) 948-8330.

Derby activities at Ken Ellis Center

Derby time at Ken Ellis Center will be celebrated with seniors riding stick horses and dancing to the music of the Buz Huber Band. The Derby party will be Friday, May 4, from 12-2 p.m., sponsored by The South Central Indiana Council for the Aged and Aging and the Jeffersonville Parks and Recreation Department.

Each day, seniors from Clark and Floyd counties come to Ken Ellis for fellowship, crafts, trips and singing. Ken Ellis meets five days a week, from 10 a.m.-2:30 p.m., for all 55 and up. So come and enjoy meaningful activities in your lfie.

Free shoppers' trip for the month will be to Indian Trails Shopping Center. Seniors will enjoy a buffet meal and shop in a variety of stores.

Monday, May 14, a Mother's Day Celebration will take place. Andrea Priel will open the celebration, informing all on rape relief and will close out the day with Kenny and Denise McWhirter entertaining the group with Gospel music. All are to share their mother's day cards, and flowers will be given out.

May 20, the group will be going to WXVW senior prom at the Galt House, from 1-6 p.m. They'll enjoy the music by the Don Phillips Orchestra. Sign up now for this trip. The second annual senior prom will be at St. Augustine's parish hall June 25. You may buy your ticket after May 14.

May 22-24, the center will be open, but seniors will be enjoying a three-day Amish trip to Shipshewanna. Bus will leave from Quality Inn and Claysburg Towers.

Sign up now for senior games. The center has made the flowers for the tables at the grand finale at The Grand.

A special thanks to Frank Stemler and Tomlins Market for their contributions to the center.

For more information, call Sue Johnson at 283-7356.

E. News 5/2/90

Nominations due for 1990 awards to older Hoosiers

The deadline for nominations for 1990 Older Hoosier of the Year and Woman of the Year for South Central Indiana Council for the Aging and Aged Inc., Area 14, is May 21. Nominees must be residents of Clark, Floyd, Harrison and Scott counties.

The Woman of the Year (formerly Senior Queen) is open to women age 65 or older. Judging is based on community and civic achievements, poise and appearance, and a personal interview session. The winner will be recognized at the Indiana State Fair, Aug. 17, for lifetime achievements, volunteer work and civic contributions, along with 15 other representatives. In addition, she will participate in several agency functions as well as Harvest Homecoming events.

The Older Hoosier of the Year is the highest honor bestowed on a senior by the Indiana Dept. of Human Services. The award recognizes an outstanding male or female senior for a lifetime of service to his or her community, and encourages continued service. Candidates must be 65 or older, with a record of community services, aging programs in particular. This award will be bestowed at the 1990 Governor's Conference on Aging, Oct. 30.

* * *

The Senior Prom will be at St. Augustine's Parish Hall, Jeffersonville, 7 to 9 p.m. on June 25. Tickets are $3 and are limited to the first 275. Attire is dressy dress. It is co-sponsored by Jeffersonville Parks and Recreation.

Local Woman of the Year and Older Hoosier of the Year winners will be announced. For nomination forms, reservations for the prom, or more information, call Earlene Bennett, 1-948-8330.

C. Democrat 5/2/90

THE BANNER-GAZETTE, Wednesday, May 2, 1990 Page 7

Search is on for Area 14 Candidates

The South Central Indiana Council for the Aging and Aged Inc., is presently conducting a search for its 1990 Area 14 Woman of the Year and Older Hoosier of the Year candidates. Applicants must be residents of Clark, Floyd, Harrison or Scott Counties in Indiana to be eligible for the honor.

The Woman of the Year (formerly Senior Queen) award is open to any lady age 65 or older and will recognize her lifetime achievements, volunteer work and civic contributions. Nominees are judged on community and civic achievements; poise and appearance; and a personal interview.

The local winner will be honored along with 15 other representatives at the Indiana State Fair on Aug. 17. In addition, she will participate in several agency functions as well as Harvest Homecoming events.

The agency is also looking for an Older Hoosier of the Year candidate. This award recognizes an outstanding Hoosier (male or female) for a lifetime of service to his/her community and encourages continued service. Candidates must be 65 years c age and over whose accomplishments are related to service to the community - aging programs in particular.

The local Older Hoosier will then be honored at the 1990 Governor's Conference on Aging on Oct. 30. This award is the highest honor bestowed on a senior by the Indiana Department of Human Services.

Both local awards will be announced at the agency's Senior Prom on Monday, June 25, at St. Augustine's Parish Hall, located at 316 E. Maple St. in Jeffersonville, from 7 till 9 p.m. The Don Phillips Orchestra will provide the musical entertainment. The event is open to the public and tickets will be $3 per person, limited to the first 275 responding. Attire will be dressy dress. The Prom is in conjunction with the Jeffersonville Parks and Recreation program.

Previous winners of the local and state Senior Queen and Older Hoosier of the Year awards are not eligible for the 1990 awards.

The deadline to submit nominations/applications is May 21.

For further information, reservations or application forms, lease contact Earlene Bennett at 948-8330.

IN WEEKLY 5/16/90

Council for Aging & Aged seeking awards nominees

The South Central Indiana Council for the Aging & Aged Inc. is accepting nominations for its 1990 Area 14 Woman of the Year and Older Hoosier of the Year awards. Applicants must be residents of Clark, Floyd, Harrison or Scott counties.

The Woman of the Year (formerly called Senior Queen) competition is open to women 65 or older. Nominees are judged on community service, poise, appearance and an interview. The local winner will be honored along with 15 others from around the state at the Indiana State Fair in August. In addition, she will participate in several agency functions and in New Albany's Harvest Homecoming festival.

The Older Hoosier of the Year award recognizes an outstanding Hoosier, male or female, for a lifetime of community service, particularly involving programs for older people. Candidates must be 65 or older. The local winner will be honored along with 15 others at the 1990 Governor's Conference on Aging Oct. 30 in Indianapolis.

The local winners' names will be announced at the agency's "Senior Prom" June 25 at St. Augustine's Parish Hall, 316 E. Maple St., Jeffersonville. The prom will run from 7 to 9 p.m.; the Don Phillips Orchestra will play. The event is open to the public but limited to 275. Tickets are $3.

Previous winners of the local and state awards are not eligible. The deadline to submit nominations is Monday.

For information, nomination forms or prom reservations, call Earlene Bennett at 948-8330.

THE BANNER-GAZETTE, Wednesday, May 16, 1990

Sign-up Underway for Senior Games of Indiana

The Council on Aging is now accepting applications for the Senior Games of Indiana to be held the week of June 4-8. The games are for seniors 55 years of age or older residing in Clark, Floyd, Harrison and Scott Counties. The first 700 seniors to sign up will receive a free shirt.

Events this year include a fun walk, paper airplane toss and bingo on June 4.

On June 5, seniors may participate in golf, fishing and horseshoes.

The Health Fair on June 6 will offer free testing for glaucoma and cataracts, ear, blood sugar, blood pressure, body fat and pulse oximetry. Mouth exams and information on foot disorders, nutrition and Medicare also will be available. A basketball toss and bowling also will be held on June 6.

Scheduled for June 7 are one-mile and two-mile walks, euchre, bridge, pinochle, checkers and swimming.

Closing ceremonies will be held on June 8. A German band, the Bavarians, will provide the entertainment. There will be booths, prizes and medal awards for participants.

Application blanks and a complete schedule of times and events are available from the Council on Aging, 134 E. Main St. in New Albany. The deadline for accepting applications is May 31.

For more information, call the Council on Aging at 948-8330.

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8 The Evening News, Jeffersonville, Ind., Tuesday, May 15, 1990

GAMES
OF INDIANA

Staff photo by Kevin Pennington

SOUTH CENTRAL INDIANA COUNCIL for the Aging and Aged, Inc., will sponsor Senior Games, June 4 through June 8. Pictured above are Bill Aldridge, left, of Jeffersonville, a participant and Edgar Day, registration committee member and treasurer.

, WEDNESDAY, MAY 2, 1990w

WHAT'S HAPPENING IN CLARK COUNTY

Forum will examine issues affecting older persons

A free forum on issues concerning older persons, sponsored by the Indiana Department of Human Services and the South Central Indiana Council for the Aging & Aged, Inc., will run from 10 to 11:30 a.m. May 10 at the Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville.

George Brown, director of the Aging Division of the Department of Human Services, will discuss services for older persons.

Robin Grant of the Governor's office will poll the audience on older persons' needs in Clark, Floyd, Harrison and Scott counties.

For information, call 948-8330.
For transportation, call 948-9701.

THE INDIANA WEEKLY, WEDNESDAY, MAY 2, 1990e

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For information, call 948-8330.
For transportation, call 948-9701.

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4 THE INDIANA WEEKLY, WEDNESDAY, MAY 23, 1990w

Local Senior Games to run June 4-8 at various sites

The local Senior Games of Indiana are scheduled for June 4-8 at various locations sponsored by the South Central Indiana Council for the Aging & Aged Inc. The games are for residents of Clark, Floyd, Harrison and Scott counties ages 55 and over.

Here are some of the highlights:

- June 4: A fun walk, a paper airplane toss and bingo.
- June 5: Golf, fishing and horseshoes.
- June 6: A basketball toss, bowling, and a health fair including free glaucoma, cataract, ear, blood sugar, blood pressure and other tests. (A cholesterol test will cost $10.)
- June 7: One- and two-mile walks, euchre, bridge, pinochle, checkers and swimming.
- June 8: Closing ceremonies ay the Grand Convention Center in New Albany.

Application blanks and a complete schedule are available at the Council on Aging, 134 E. Main St., New Albany. The $5 registration fee covers all activities except the cholesterol test. The registration deadline is May 31. The first 700 who register will receive a T-shirt. For information, call 948-8330.

ncil to help find people eligible for benefits

tinued from Page A 9

also will be available during the council's events, such as the Senior Games in June.

Pat Jewell, the council's executive director, said the promotion effort is also aimed at the adult children of people who may be eligible. "Since most care of the elderly is provided by the family, that's an excellent place to start," she said.

Jewell said the council also plans to work with other social-service agencies to spread the word and to ask area doctors to display information about the program in their offices.

People who want to apply for the supplemental-income program but who need help can call the council, which will help make appointments with the Social Security office and assist with the application process.

More information on the supplemental-income program may be obtained by calling the Social Security Administration in New Albany at (800) 234-5772 between 7 a.m. and 7 p.m. or by calling the South Central Indiana Council for the Aging and Aged at (812) 948-8330.

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announced yesterday that it will work with the Social Security Administration to find people who may be eligible for more federal benefits.

The Supplemental Security Income program, which is run by the administration, provides monthly benefits to people who are 65 or older, or blind or disabled, and who have limited incomes. The maximum benefit is $386 a month per person or $579 a month per married couple.

In Clark, Floyd, Harrison and Scott counties, about 32,700 people receive Social Security benefits, and more than 2,500 receive Supplemental Security Income; some receive both.

Monthly benefits paid under the supplemental program in the four counties total more than $584,000; the average monthly payment is about $233.

Still, Social Security officials say they believe many people who might qualify for the additional income haven't applied for it, perhaps because they don't know it is available.

Michael R. Hetzel, district manager of the administration, said studies show that about 50 percent of those eligible for the money are not receiving it.

than $2,000 in resources. Couples must have monthly unearned income less than $599 a month and less than $3,000 in resources.

Hetzel said the administration considers as resources stocks, bonds, dividends, certificates of deposit and individual retirement accounts. He said homes, automobiles, some life-insurance policies and burial funds are not considered resources.

Hetzel said the administration has tried to reach potential recipients before but has had limited success because many of the people who are eligible for the benefits do not read newspapers or listen to radio.

"They're not the kind of people who will pick up the telephone and call the agency," Hetzel said. "What they will do is talk to people who they have a one-on-one relationship with. And that's what the council on aging does."

The council serves about 700 meals a day in the four counties, about half of them served at 15 locations, and half delivered to homes. Fliers explaining the program will be distributed with meals, and information

See COUNCIL
PAGE 12, col. 1, this section

THE BANNER-GAZETTE, Wednesday, May 16, 1990

Sign-up Underway for Senior Games of Indiana

The Council on Aging is now accepting applications for the Senior Games of Indiana to be held the week of June 4-8. The games are for seniors 55 years of age or older residing in Clark, Floyd, Harrison and Scott Counties. The first 700 seniors to sign up will receive a free shirt.

Events this year include a fun walk, paper airplane toss and bingo on June 4.

On June 5, seniors may participate in golf, fishing and horseshoes.

The Health Fair on June 6 will offer free testing for glaucoma and cataracts, ear, blood sugar, blood pressure, body fat and pulse oximetry. Mouth exams and information on foot disorders, nutrition and Medicare also will be available. A basketball toss and bowling also will be held on June 6.

Scheduled for June 7 are one-mile and two-mile walks, euchre, bridge, pinochle, checkers and swimming.

Closing ceremonies will be held on June 8. A German band, the Bavarians, will provide the entertainment. There will be booths, prizes and medal awards for participants.

Application blanks and a complete schedule of times and events are available from the Council on Aging, 134 E. Main St. in New Albany. The deadline for accepting applications is May 31.

For more information, call the Council on Aging at 948-8330.

, WEDNESDAY, MAY 2, 1990w

WHAT'S HAPPENING IN CLARK COUNTY

Forum will examine issues affecting older persons

A free forum on issues concerning older persons, sponsored by the Indiana Department of Human Services and the South Central Indiana Council for the Aging & Aged, Inc., will run from 10 to 11:30 a.m. May 10 at the Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville.

George Brown, director of the Aging Division of the Department of Human Services, will discuss services for older persons.

Robin Grant of the Governor's office will poll the audience on older persons' needs in Clark, Floyd, Harrison and Scott counties.

For information, call 948-8330. For transportation, call 948-9701.

Derby activities at Ken Ellis Center

Derby time at Ken Ellis Center will be celebrated with seniors riding stick horses and dancing to the music of the Buz Huber Band. The Derby party will be Friday, May 4, from 12-2 p.m., sponsored by The South Central Indiana Council for the Aged and Aging and the Jeffersonville Parks and Recreation Department.

Each day, seniors from Clark and Floyd counties come to Ken Ellis for fellowship, crafts, trips and singing. Ken Ellis meets five days a week, from 10 a.m.-2:30 p.m., for all 55 and up. So come and enjoy meaningful activities in your lfie.

Free shoppers' trip for the month will be to Indian Trails Shopping Center. Seniors will enjoy a buffet meal and shop in a variety of stores.

Monday, May 14, a Mother's Day Celebration will take place. Andrea Friel will open the celebration, informing all on rape relief and will close out the day with Kenny and Denise McWhirter entertaining the group with Gospel music. All are to share their mother's day cards, and flowers will be given out.

May 20, the group will be going to WXVW senior prom at the Galt House, from 1-6 p.m. They'll enjoy the music by the Don Phillips Orchestra. Sign up now for this trip. The second annual senior prom will be at St. Augustine's parish hall June 25. You may buy your ticket after May 14.

May 22-24, the center will be open, but seniors will be enjoying a three-day Amish trip to Shipshewanna. Bus will leave from Quality Inn and Claysburg Towers.

Sign up now for senior games. The center has made the flowers for the tables at the grand finale at The Grand.

A special thanks to Frank Stemler and Tomlins Market for their contributions to the center.

For more information, call Sue Johnson at 283-7356.

E. News 5/2/90

Nominations due for 1990 awards to older Hoosiers

The deadline for nominations for 1990 Older Hoosier of the Year and Woman of the Year for South Central Indiana Council for the Aging and Aged Inc., Area 14, is May 21. Nominees must be residents of Clark, Floyd, Harrison and Scott counties.

The Woman of the Year (formerly Senior Queen) is open to women age 65 or older. Judging is based on community and civic achievements, poise and appearance, and a personal interview session. The winner will be recognized at the Indiana State Fair, Aug. 17, for lifetime achievements, volunteer work and civic contributions, along with 15 other representatives. In addition, she will participate in several agency functions as well as Harvest Homecoming events.

The Older Hoosier of the Year is the highest honor bestowed on a senior by the Indiana Dept. of Human Services. The award recognizes an outstanding male or female senior for a lifetime of service to his or her community, and encourages continued service. Candidates must be 65 or older, with a record of community services, aging programs in particular. This award will be bestowed at the 1990 Governor's Conference on Aging, Oct. 30.

* * *

The Senior Prom will be at St. Augustine's Parish Hall, Jeffersonville, 7 to 9 p.m. on June 25. Tickets are $3 and are limited to the first 275. Attire is dressy dress. It is co-sponsored by Jeffersonville Parks and Recreation.

Local Woman of the Year and Older Hoosier of the Year winners will be announced. For nomination forms, reservations for the prom, or more information, call Earlene Bennett, 1-948-8330.

C. Democrat 5/2/90

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8 The Evening News. Jeffersonville, Ind., Tuesday, May 15, 1990

Staff photo by Kevin Pennington

SOUTH CENTRAL INDIANA COUNCIL for the Aging and Aged, Inc., will sponsor Senior Games, June 4 through June 8. Pictured above are Bill Aldridge, left, of Jeffersonville, a participant and Edgar Day, registration committee member and treasurer.

THE INDIANA WEEKLY, WEDNESDAY, MAY 2, 1990e

Forum will examine issues affecting older persons

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George Brown, director of the Aging Division of the Department of Human Services, will discuss services for older persons.

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For information, call 948-8330. For transportation, call 948-9701.

THE BANNER-GAZETTE, Wednesday, May 2, 1990 Page 7

Search is on for Area 14 Candidates

The South Central Indiana Council for the Aging and Aged Inc., is presently conducting a search for its 1990 Area 14 Woman of the Year and Older Hoosier of the Year candidates. Applicants must be residents of Clark, Floyd, Harrison or Scott Counties in Indiana to be eligible for the honor.

The Woman of the Year (formerly Senior Queen) award is open to any lady age 65 or older and will recognize her lifetime achievements, volunteer work and civic contributions. Nominees are judged on community and civic achievements; poise and appearance; and a personal interview.

The local winner will be honored along with 15 other representatives at the Indiana State Fair on Aug. 17. In addition, she will participate in several agency functions as well as Harvest Homecoming events.

The agency is also looking for an Older Hoosier of the Year candidate. This award recognizes an outstanding Hoosier (male or female) for a lifetime of service to his/her community and encourages continued service. Candidates must be 65 years c age and over whose accomplishments are related to service to the community - aging programs in particular.

The local Older Hoosier will then be honored at the 1990 Governor's Conference on Aging on Oct. 30. This award is the highest honor bestowed on a senior by the Indiana Department of Human Services.

Both local awards will be announced at the agency's Senior Prom on Monday, June 25, at St. Augustine's Parish Hall, located at 316 E. Maple St. in Jeffersonville, from 7 till 9 p.m. The Don Phillips Orchestra will provide the musical entertainment. The event is open to the public and tickets will be $3 per person, limited to the first 275 responding. Attire will be dressy dress. The Prom is in conjunction with the Jeffersonville Parks and Recreation program.

Previous winners of the local and state Senior Queen and Older Hoosier of the Year awards are not eligible for the 1990 awards.

The deadline to submit nominations/applications is May 21.

For further information, reservations or application forms, lease contact Earlene Bennett at 948-8330.

IN WEEKLY 5/16/90

Council for Aging & Aged seeking awards nominees

The South Central Indiana Council for the Aging & Aged Inc. is accepting nominations for its 1990 Area 14 Woman of the Year and Older Hoosier of the Year awards. Applicants must be residents of Clark, Floyd, Harrison or Scott counties.

The Woman of the Year (formerly called Senior Queen) competition is open to women 65 or older. Nominees are judged on community service, poise, appearance and an interview. The local winner will be honored along with 15 others from around the state at the Indiana State Fair in August. In addition, she will participate in several agency functions and in New Albany's Harvest Homecoming festival.

The Older Hoosier of the Year award recognizes an outstanding Hoosier, male or female, for a lifetime of community service, particularly involving programs for older people. Candidates must be 65 or older. The local winner will be honored along with 15 others at the 1990 Governor's Conference on Aging Oct. 30 in Indianapolis.

The local winners' names will be announced at the agency's "Senior Prom" June 25 at St. Augustine's Parish Hall, 316 E. Maple St., Jeffersonville. The prom will run from 7 to 9 p.m.; the Don Phillips Orchestra will play. The event is open to the public but limited to 275. Tickets are $3.

Previous winners of the local and state awards are not eligible. The deadline to submit nominations is Monday.

For information, nomination forms or prom reservations, call Earlene Bennett at 948-8330.

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4 THE INDIANA WEEKLY, WEDNESDAY, MAY 23, 1990w

Local Senior Games to run June 4-8 at various sites

The local Senior Games of Indiana are scheduled for June 4-8 at various locations sponsored by the South Central Indiana Council for the Aging & Aged Inc. The games are for residents of Clark, Floyd, Harrison and Scott counties ages 55 and over.

Here are some of the highlights:

■ June 4: A fun walk, a paper airplane toss and bingo.

■ June 5: Golf, fishing and horseshoes.

■ June 6: A basketball toss, bowling, and a health fair including free glaucoma, cataract, ear, blood sugar, blood pressure and other tests. (A cholesterol test will cost $10.)

■ June 7: One- and two-mile walks, euchre, bridge, pinochle, checkers and swimming.

■ June 8: Closing ceremonies ay the Grand Convention Center in New Albany.

Application blanks and a complete schedule are available at the Council on Aging, 134 E. Main St., New Albany. The $5 registration fee covers all activities except the cholesterol test. The registration deadline is May 31. The first 700 who register will receive a T-shirt. For information, call 948-8330.

The Tribune,
New Albany, Ind.,
Monday, May 21, 1990

Providence Retirement Home opens new residential facility

Providence Retirement Home management proudly announces the opening of its latest residential addition — Providence Place. Providence Place will provide an independent living situation for eight senior citizens.

Residents of Providence Place will enjoy private rooms furnished with personal furnishings, three prepared meals a day, utilities, lounge, laundry facilities and access to the social amenities of Providence Retirement Home for $20 per day. No admission fee or deposit is required.

Providence Place is housed on the second floor of the recent addition to the retirement home and is equipped with an elevator and two sets of stairs. Residents of Providence Place will have access to the building by way of an entrance from Elm Street or off the alley. Residents have begun to occupy the facility and applications are continuing to be accepted.

The first floor of the new facility is named Providence Hall. The hall will house the Adult Daycare Center sponsored by the home as well as some of the numerous social activities enjoyed by the residents of the home.

The Adult Daycare Program is for persons over the age of 50 who live alone or with a family member who would benefit medically and socially by being with others in a social setting. The Day Center is open from 8:30 a.m. to 4:30 p.m. Monday through Friday. Services provided to clients are a program of planned social activities, a hot noon meal and morning nourishment planned by a registered dietitian, and health care programming consisting of preventive and health maintenance. The program is funded in part by the Indiana Department of Human Services through a Social Service Block Grant.

Anyone interested in further information and/or a tour of Providence Place or the Day Care Center should call 945-5221.

OPEN HOUSE — Residents and employees of Providence Retirement Home recently celebrated the opening of Providence Place, which offers independent living for eight senior citizens. Attending the open house are, from left, Robert and Missy Nevitt, an employee of Providence Retirement Home, and their baby daughter Samantha; Louise Matthews, and Sadie Williams, both residents of Providence Retirement. (Tribune photo by Kathy Dougherty)

The Evening News, Jeffersonville, Ind., Monday, May 7, 1990

Plans are finalized for Senior Games of Indiana

The Senior Games of Indiana t-shirts are in and the first 700 seniors to sign up will receive a most attractive blue shirt free of charge.

Events this year include a fun walk, paper airplane toss, free lunch for fun walkers and bingo, with refreshments, June 4.

June 5, seniors may particiapte in golf, (with coffee and doughnuts) fishing, (with a free lunch) and horseshoes (a snack).

The Health Fair, June 6, offers the following free testing: glaucoma and cataract, ear, blood sugar, blood pressure, body fat, and pulse oximetry. Also available, is a mouth exam, and information on foot disorders, nutrition, and medicare. The only cost associated with the Health Fair will be $10 for the cholesterol test.

The basketball toss and bowling will also be held June 6, with a snack included with the bowling.

One mile and two mile walk (lunch for the walkers), euchre, bridge, pinochle and checkers with refreshments and swimming (lunch following the event), are scheduled for June 7.

Closing cermeonies will be June 8 in the Grand Convention Center. The

Bavarians,'' will provide the entertainment. There will be nine booths, prizes, award of medals and a free lunch to the participants and guests.

Application blanks and a complete schedule of times and events are available at the Council on Aging, 134 E. Main St., New Albany. The games are for seniors 55 years of age or older residing in Clark, Floyd, Harrison and Scott counties. Registration fee of $5 covers all activities, except the cholesterol test. The deadline for accepting applications is May 31.

For further information, call 948-8330.

The Tribune,
New Albany, Ind.,
Thursday, May 24, 1990

Local program helps needy residents beat the heat

By ANN ALL
Tribune Lifestyle Editor

For some area residents, beating the summer heat can be a matter of life or death.

Last summer, a 60-year-old patient at Floyd Memorial Hospital -- diagnosed as an insulin-dependent diabetic with several chronic heart problems -- could not be released from the facility until an air conditioner was installed in her home.

She was able to return to her house with help from the Allied Seasonal Assistance Program (ASAP). The program helps provide fans and air conditioners for those with heat-related health problems, particularly the elderly, handicapped and young children.

The program was formally established in 1984 after several elderly area residents died from heat-related conditions. Prior to 1984, only an extremely limited supply of air conditioners was available for emergency purposes.

Directors of the Area Agency on Aging, Family Service Bureau, Floyd County Community Action Agency, American Red Cross and the Salvation Army formed a coalition to help alleviate the problem.

None of the agencies had funds to purchase necessary equipment and storage space was needed. However, the community rallied behind the program. The New Albany mayor offered storage space for equipment at the street department facility, and a local bank agreed to establish and maintain a checking account for donations to ASAP.

The bank officer assigned to the project was so enthused she solicited $2,500 in donations from corporate clients.

"Community assistance was crucial in getting the program off the ground,'' said Pat Jewell, director of the Area Agency of Aging. "It just could not have been done independently by any of the agencies involved.''

ASAP continues to receive funds from individuals, as well as corporate, religious and civic organizations. Used equipment in good working order is also accepted.

Last week, Floyd Memorial Hospital employees competed in a stick horse race, raising about $3,000 for ASAP. Jane Alcorn, the hospital's media relations coordinator, said Floyd Memorial became involved through concern for its patients.

"Some of our patients -- especially those with congestive heart problems -- just can't stand the heat. They could die,'' Alcorn explained. "We feel that working with ASAP is another way for us to help our patients outside of the hospital setting.''

Many groups and individuals have also participated in the distribution and return of equipment.

Although the major emphasis in ASAP has been on summer heat-related problems, the program also provided heaters to those in need last winter when sub-zero temperatures posed a danger.

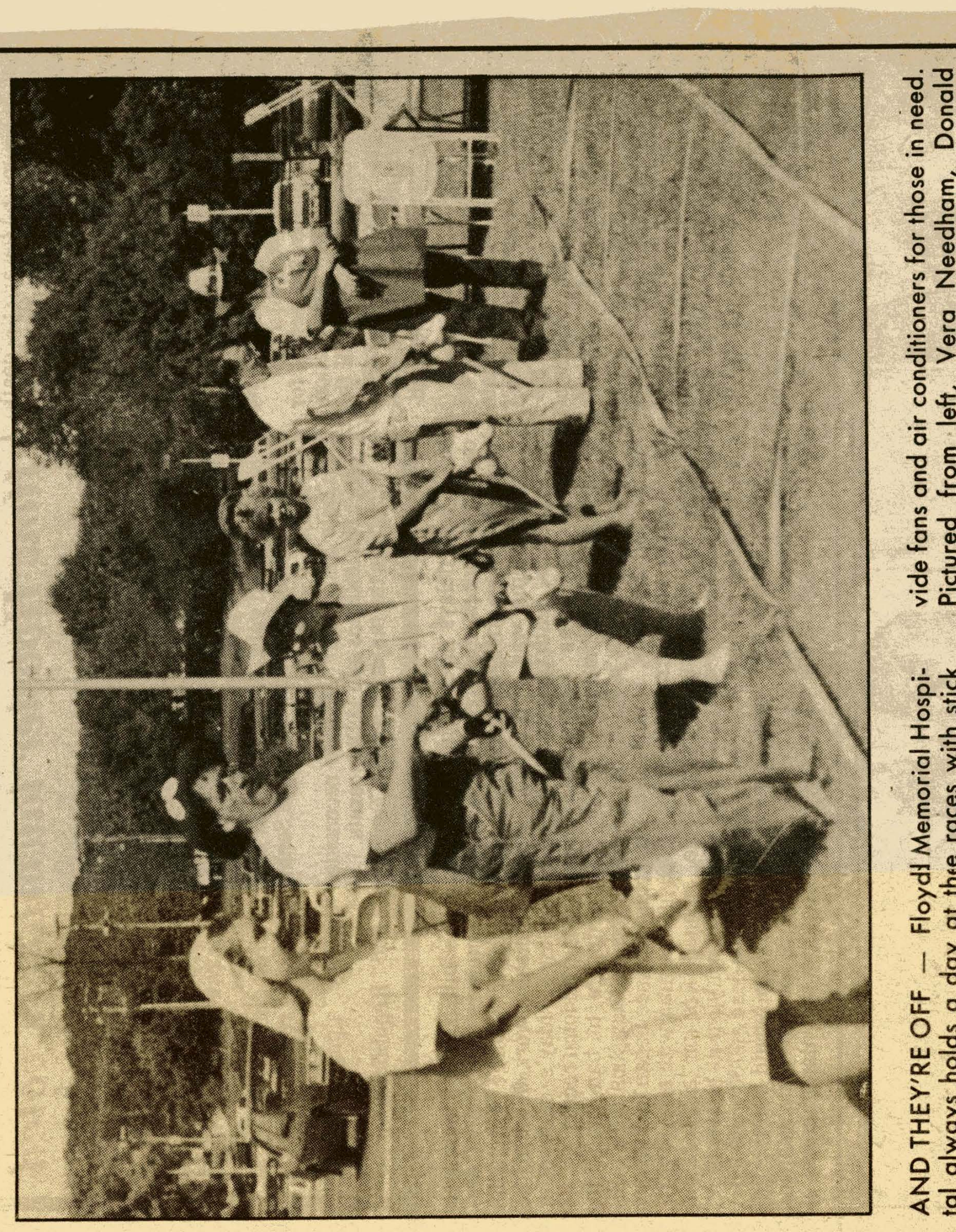
In one case, the Clark County Police Department contacted their Floyd County counterparts seeking help for a Jeffersonville resident. A Floyd police officer picked up a heater at 2:15 a.m. on Christmas day and met a Clark officer at the county line where the transfer was made.

It was that type of collaboration that led to ASAP being nominated for a Community Achievement Award by the Indiana Department of Human Services. "We didn't win, but just being nominated for that type of an award was a real honor,'' Jewell said.

ASAP applicants over the age of 60 are screened by the Area Agency on Aging. All other applicants are screened by the American Red Cross or the Family Service Bureau. Applicants must meet certain income guidelines, and in some cases a physician's statement may be necessary.

Applications are available at the Area Agency on Aging, located at 134 E. Main St., or at the Metro United Way Resource Center, located at 2818 Grant Line Road.

For more information, call 944-6120, 948-0147 or 948-8330.



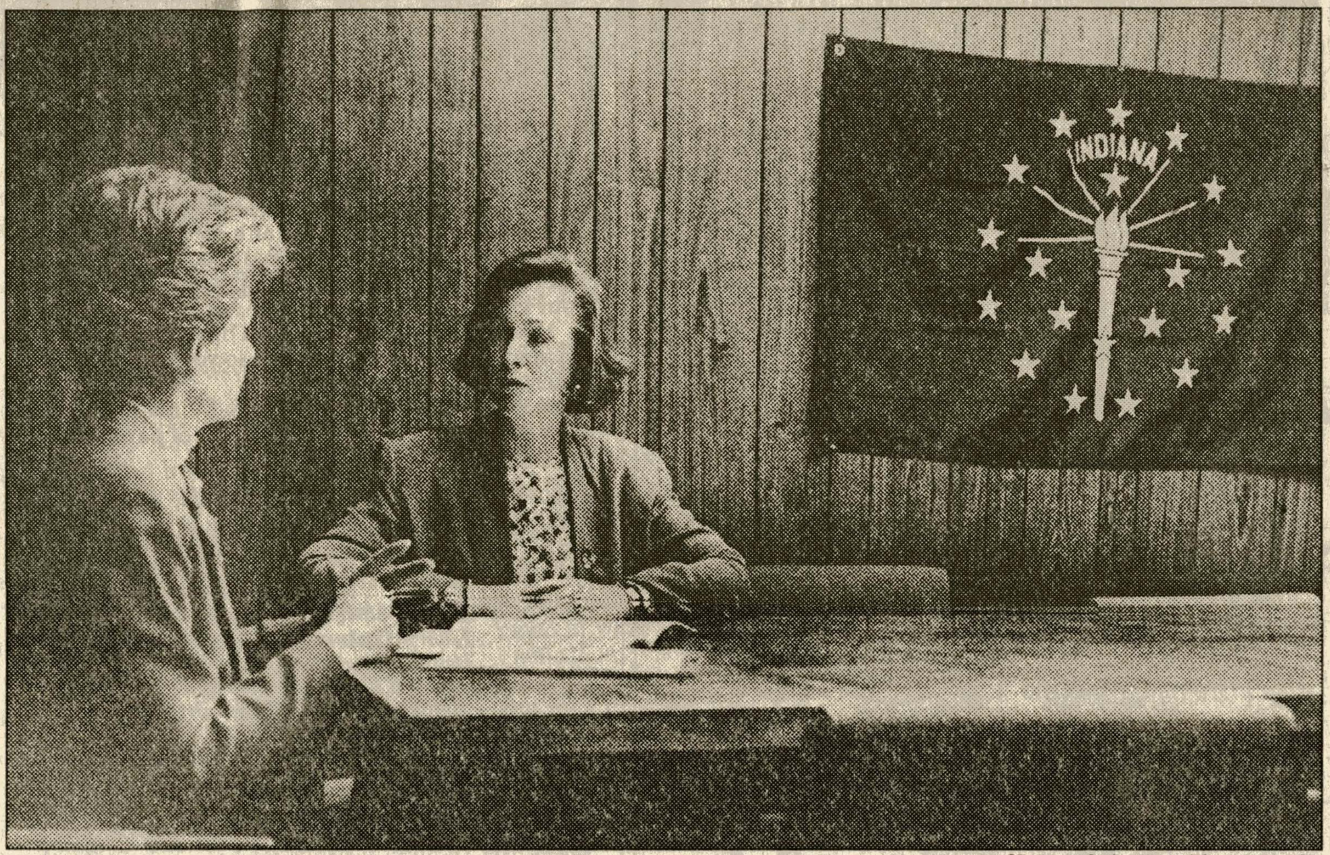
AND THEY'RE OFF — Floyd Memorial Hospital always holds a day at the races with stick horse racing on the lawn. This year 10 races were held, with post time every 15 minutes. The races raised $3,000 for the Allied Seasonal Assistance Program, a community effort to provide fans and air conditioners for those in need. Pictured from left, Vera Needham, Donald Davis, Krystal Angevine, Judy Himmel, Wally Mastropaolo and Wayne Peele.

(Tribune Photo by Don Beck)

STAFF PHOTO BY JOSEPH A. GARCIA

JUST PLANE FUN: Rheda Duffy, 64, gave her paper airplane an enthusiastic toss as she competed for distance in the Senior Games of Indiana yesterday at Indiana University Southeast in New Albany. Residents of Clark, Floyd, Harrison and Scott counties are participating in five days of competitive events, ending today.

Courier 6/8/90



STAFF PHOTO BY JAMES H. WALLACE

Nursing home ombudsman Linda Moore, right, with Pat Jewell, executive director of the state Council for Aging.

Making the rounds

Patient advocate Linda Moore checks nursing homes

DALE MOSS

SCOTTSBURG, Ind. — Linda Moore wasn't especially surprised that the infirm man was shaven, clean and content.

Neither was she very impressed.

When she had visited the patient at Scott Villa Living Center the week before — that time unannounced — the man's face was a mess of dribbled coffee and stubble, his scalp was scaly and his teeth yellow, Moore said.

That finding got back to center administrator Jean Johnson, who reacted by being at the man's bedside the morning of Moore's scheduled return visit.

Johnson told Moore the nursing home hadn't had such a problem before and that she would assure the man's wife, whose complaint prompted Moore's visits, that it wouldn't happen again.

"We've got some who wouldn't want to live anyplace else," Johnson said to Moore.

When Moore left Scott Villa, she found a handwritten note under her car's windshield wipers. A relative of another patient was pleading for Moore to look into some other concerns.

"Looks like I'll be coming back out here," Moore said.

Moore is a long-term care ombudsman for the South Central Indiana Council for the Aging & Aged Inc, a government-funded agency. Ombudsman is her title, but she is whatever she needs to be to protect the interests of people living in nursing and retirement homes in Floyd, Clark, Scott and Harrison counties. In nearly two years on the job, Moore has been an advocate, a resource, a problem-solver and a threat; it's up to the places she monitors to decide.

"I *could* turn up something on any nursing home I go into," she said. "I don't want to be a threat, but if they're not doing right by these people, I'll jump on them."

She has referred findings to state licensers and even prosecutors, and her no-nonsense reputation is known. Johnson was called in Florida, where she was visiting a sick brother, and was told of Moore's earlier visit. The Rob-

See NEW ALBANY
PAGE 6, col. 1, this section

WELL-TRAVELED FLAG — Melroy Olson, left, Americanism chairman and chaplain of the Veterans of Foreign War Floyd County Post 3281, presents an American flag to Sue Johnson, coordinator of the Ken Ellis Senior Center in Jeffersonville. The flag had been flown from Washington D.C. at the request of U.S. Rep. Lee Hamilton, according to Olson. The Ken Ellis Senior Center provides daily activities for the elderly in Clark and Floyd counties.
(Tribune photo by Kathy Dougherty)

6/20/90

Wednesday, June 20, 1990, THE CORYDON DEMOCRAT,

State fair to include special attractions for senior citizens

Special events have been scheduled for senior citizens at this year's Indiana State Fair.

The South Central Indiana Council for the Aging and Aged Inc., is sponsoring Area 14 Day at the Indiana State Fair on Thursday, Aug. 16. Local musicians will entertain in the Senior Citizens Building. Air conditioned buses leaving various pick-up points in this area will take persons 55 years of age or over, for a fee of $13, which includes transportation to Indianapolis and an admission ticket. Meals are not included, and the fee cannot be refunded. Beginning July 2, reservations will be taken at the Council on Aging office, 134 E. Main St., New Albany, Monday through Friday, 8 a.m. to 4:30 p.m. Tickets available on a first-come, first-served basis.

International Day will be Aug. 23, with entertainment from different minority groups. Groups wishing to perform should call Rosalinda Garcia, 1-800-545-7763.

Senior citizens may enter one work, completed after they turned 60 years of age, in the State Fair Art Contest.

Entries will be received Aug. 9 from 9 a.m. to 2 p.m. (slow time) and picked up Aug. 27, 9 a.m. to noon. Entries in the categories of painting (oils, acrylics, watercolors, pencil, pastel), sculpture and photography will be accepted. The painting category is subdivided into amateur and advanced, the latter defined as one who has successfully completed a course in the field of art but does not offer art work for sale on a regular basis. Amateur entrants have not been trained in the field of art, or engage in it as a pastime or hobby only.

For more information, call Earlene Bennett, 1-948-8330.

Page 6 THE BANNER-GAZETTE, Wednesday, June 6, 1990

Senior Prom Planned June 25

Senior Citizens, age 55 and over, will have the opportunity to get out their dancing shoes and dressy clothes and dance to the music of the Don Phillips Orchestra on Monday, June 25, at the South Central Indiana Council for the Aging and Aged Inc. senior prom.

The event will last from 7 till 9 p.m. and will be held at St. Augustine's Parish Hall, located at 316 E. Maple St. in Jeffersonville.

Cost per person will be $3, which includes punch and cookies.

Proceeds from the dance will go to benefit the Ken Ellis Senior Center.

During the intermission of the event the announcement of the Area 14 Hoosier of the Year and Woman of the Year awards will be made. These awards are given to local seniors who have a history of volunteerism to their communities.

Tickets for the event are available at the South Central Indiana Council for the Aging and Aged Inc. office located at 134 E. Main St. in New Albany; the Jeffersonville Parks and Recreation Department located at 1406 Frederick St. in Jeffersonville; and the Ken Ellis Senior Center located at 211 Martin Circle in Jeffersonville.

For more information please contact Earlene Bennett at 948-8300.

STAFF PHOTO BY JOSEPH A. GARCIA

JUST PLANE FUN: Rheda Duffy, 64, gave her paper airplane an enthusiastic toss as she competed for distance in the Senior Games of Indiana yesterday at Indiana University Southeast in New Albany. Residents of Clark, Floyd, Harrison and Scott counties are participating in five days of competitive events, ending today.

Courier 6/8/90

B 6 THE COURIER-JOURNAL, SUNDAY, JUNE 10, 1990

New Albany woman makes rounds of nursing homes as patient advocate

Continued from Page B 1

ert E. Lee Retirement Inn in New Albany, told by Moore she'd be visiting and bringing a reporter, wanted to know which entrance she would be using.

At all three stops on a day I tagged along, Moore found things shipshape and wondered aloud whether it was coincidental.

"Sometimes I walk in and I hear them say 'Code 13' or code something," Moore said. "I hate for them to perceive me that way."

She knows what to look for because she has been on the other side. The 40-year-old New Albany native, who has been a flight attendant, and an aide to hospital administrators, also worked a year at a nursing home in Florida. Her job included hiding problems from the ombudsman.

"It's made it easier for me to spot real problems, not just superficial things like odors," she said, as if all nursing homes have learned to hide the stigmatic stench of urine.

Moore mentioned the smell at one home and a staffer replied, " 'You're kidding,' " Moore recalled. "I can't even breathe and they're saying, 'You're kidding.'

"I told them to correct it and have gotten a call saying they've got it solved. I'll stop by and see."

The first stop this day was at Maple Manor Christian Home in Sellersburg. She was called there not by a disgruntled patient or relative but by administrator Al Flohr, who wanted help with a transfer policy. Increasingly, homes are calling Moore for help, which is a testimony to her fairness, according to Pat Jewell, executive director of the state Council for Aging.

Next stop was Scott Villa, followed by Robert E. Lee, a home that has been criticized by state regulators but which Moore said has made improvements under new administrator Sharon Schroder.

Moore met there with a married couple who had told their problems to their minister, mostly dealing with lack of privacy. He in turn called Moore, who concluded that much of what was lacking was communication. Schroder said she would clear the air with the couple and their pastor.

Moore is displeased with the law that limits Medicaid reimbursement to nursing homes, all but assuring cut-rate care. She's frustrated too with regulations that she believes allow homes to employ undertrained aides and to provide only part-time nursing care.

Moore said nursing homes can fail to treat their patients as adults with a future. "They still can be as normal as possible," she said. "They can open their own mail, bathe when they want, vote.

"They lose dignity and respect when they're called 'honey' and 'sweetie' and 'doll baby.' They want to be called by their names."

Moore gives most of the local homes passing marks, and Jewell believes Moore's efforts have helped to improve care.

"Residents couldn't have a better advocate," Jewell said.

Moore's phone number in New Albany is 944-8739. For ombudsman help elsewhere in Indiana, call, toll-free, 1-800-622-4484.

WELL-TRAVELED FLAG — Melroy Olson, left, Americanism hairman and chaplain of the Veterans of Foreign War Floyd County Post 3281, presents an American flag to Sue Johnson, oordinator of the Ken Ellis Senior Center in Jeffersonville. The flag ad been flown from Washington D.C. at the request of U.S. Rep. e Hamilton, according to Olson. The Ken Ellis Senior Center ovides daily activities for the elderly in Clark and Floyd counties. (Tribune photo by Kathy Dougherty)

6/20/90

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Entries will be received Aug. 9 from 9 a.m. to 2 p.m. (slow time) and picked up Aug. 27, 9 a.m. to noon. Entries in the categories of painting (oils, acrylics, watercolors, pencil, pastel), sculpture and photography will be accepted. The painting category is subdivided into amateur and advanced, the latter defined as one who has successfully completed a course in the field of art but does not offer art work for sale on a regular basis. Amateur entrants have not been trained in the field of art, or engage in it as a pastime or hobby only.

For more information, call Earlene Bennett, 1-948-8330.

Page 6 THE BANNER-GAZETTE, Wednesday, June 6, 1990

Senior Prom Planned June 25

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The event will last from 7 till 9 p.m. and will be held at St. Augustine's Parish Hall, located at 316 E. Maple St. in Jeffersonville.

Cost per person will be $3, which includes punch and cookies.

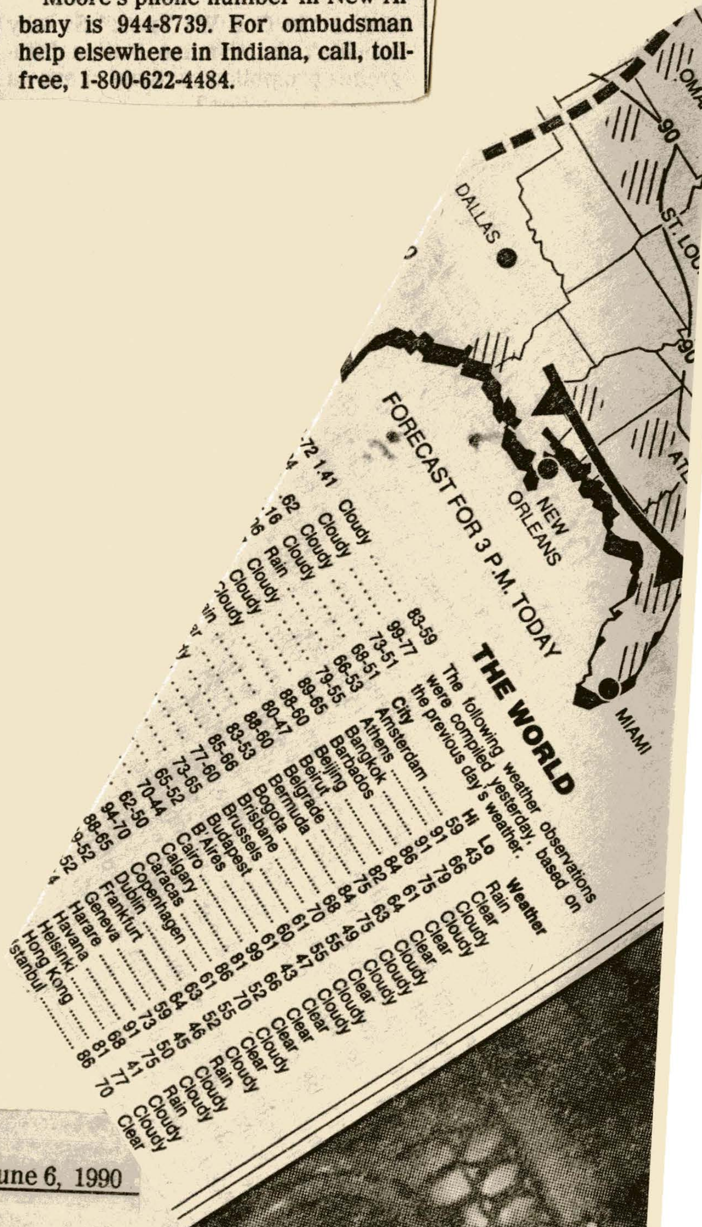
Proceeds from the dance will go to benefit the Ken Ellis Senior Center.

During the intermission of the event the announcement of the Area 14 Hoosier of the Year and Woman of the Year awards will be made. These awards are given to local seniors who have a history of volunteerism to their communities.

Tickets for the event are available at the South Central Indiana Council for the Aging and Aged Inc. office located at 134 E. Main St. in New Albany; the Jeffersonville Parks and Recrea-

tion
Frede
and the
located
Jeffersonv

For more
contact Earlene Bennett at
8300.



From The Council For Aging And Aged

The South Central Indiana Council for the Aging and Aged announces it's"Senior Games" June 4 thru June 7.(see aplication on page 14)

MONDAY, JUNE 4:
9:15 am, the Fun Walk will be down Spring Street, Jeffersonville, starting at Spring and Maple Streets.

10:15 am, the Opening Ceremonies will be held in the Preservation Park, West Market Street, Jeffersonville.

11:00 am, following the Opening Ceremonies, Seniors will work on the Paper Airplane Toss.

12:00 pm, you are invited to a free lunch. The Pizzas will be furnished by Little Ceasar's Pizza (Bill and Mary Nesom). Beverages will be donated by Winn Dixie. Enjoy the dessert, compliments of Bradley C. Black.

TUESDAY, JUNE 5:
8:00 am-12:00 pm, Bring your golf clubs to Twilight Golf Course, 5316 Highway 62, Jeffersonville. The Hartfield Co. is sponsoring the Golf.

8:00 am-12:00 pm, the Fishing Contest will be held in the Community Park, New Albany. Medals will be awarded to the person catching the most fish. A delicious linch will be provided by the John-Kenyon Eye Center.

1:00 pm, Horseshoes at Community Park, snacks will be provided by Akin Medical Center.

WEDNESDAY, JUNE 6:
8:30 am-1:00 pm, the Health Fair, in the Trinity United Methodist Church, 2796 Charlestown Road, New Albany. The Fair is being co-sponsored by the Floyd County and Jeffersonville Chapters of the AARP. To date, blood pressure, blood sugar, glaucoma and cateract testing, body fat, hearing and foot exams are being offered free of charge.

Cholesterol testing will cost $10.00. It will be a very accurate test and you will receive the results of the test the same day. There has been concern regarding testing done at various location which does not reflect the actual cholesterol level. Floyd Memorial Hospital, to cover its actual expenses, found it necessary to make this charge.

1:00 pm-4:00 pm, bowling at Blackiston Bowl, 1516 Blackiston Mill Road, Jeffersonville. Trophies are to be given to the highest score in the right age bracket for the men and women in two categories: regular bowlers and non-regular bowlers. This will give the beginners an incentive to try and to be eligible for a trophy. Trophies are to be provided by the American Eye Institute. A snack (for the first 200 people who sign up for bowling) will also be provided by the American Eye Institute. Blackiston Bowl can accomodate 180 bowlers (five to a lane).

10:00 am-1:00 pm, games for nursing home residents. The Providence Retirement Home, 701 East Spring Street, New Albany, will host this event. Lunch will be provided by Sister Barbara Ann Zeller and Sister Maria Smith.

THURSDAY, JUNE 7,:
8:00 am-11:00 am, get out your walking shoes. The One Mile and Two Mile Walks will start on the Indiana University Southeast campus, New Albany. After the "Walks" relax and enjoy Fun Games and a picnic lunch provided by the Marriot Food Service.

1:00 pm-4:00 pm, Euchre, Bridge, Pinochle and Checkers will be held in the Hoosier Room of Indiana University Southeast. Cookies and Punch will be provided by the Kraft Funeral Service.

1:00 pm-3:00 pm, the swimming event will be held in the New Albany High School Swimming pool. Medals will be awarded to the winners. Kent DOES NOT WANT YOU TO EAT A BIG LUNCH. SNACKS WILL BE PROVIDED FOLLOWING THE EVENT.

FRIDAY, JUNE 8:
8:30 am, Closing Ceremonies at the Grand Convention Center, New Albany. Booths will be set up at this time. The Displayers include: Acordia, Senior Market specialists, Indiana Bell, John-Kenyon Eye Center, Citizens Fidelity Bank & Trust, Bradley C. Black, M.D., Clark Memorial Hospital, American Eye Institute, Alliant Senior Connection, Kentucky Fried Chicken, The Hartfield Co., Floyd Memorial Hospital and Kraft Funeral Service.

10:00 am-12:00 pm, An entertainment show will be provided followed by lunch, provided by Kentucky Fried Chicken. After lunch awards and door prizes will be presented.

Events and time of events etc. are subject to change.

* * *

As the nation aproaches the year 2000, changes in the workforce are taking place. In 1980, 23.6% of the workforce were between the ages of sixteen and twenty-four. 1894 saw adecline in 2.5% of this age bracket. By the 1990's only 17.3% of the population will be between sixteen and twenty-four.

At the same time the younger workforce is shrinking the number of older individuals age 55 and plus is growing. 17.9% of the population was 55 years and older in 1960. A 3.1% increase was seen by 1984. By the year 2050, 1 in 3 persons will be 50 or over.

Todays job market is competitive and requires greater skills in the aplication progress. Also, specific skill such as computer and word processing are in demand. Many older individuals lack these necsssary skills.

The Senior Community Service Employment Program Administred by the South Central Indiana Council for the Aging and Aged Inc. addresses the unique problem of older workers residing in Clark, Floyd, Harrison and Scott counties.

This program is funded through Title V of the Older Americans Act and is designed to provide employment and training assistance to individuals 55 years or older. Employment consist of temporary and part-time placement, 20-25 hours a week at the current federal minimum wage rate. Individuals are placed in non-profit, publis organisations based on their skills and abilities for twenty-four months. During this period they are provided with Job Search Readiness Training enabling them to locate gainful employment.

The primary goal of this program is to prepare the older worker for permanent unsubsidized employment. Many individuals acquire the necessary skills for todays job market and become valuable assets for employers.

For more information about the Senior Community Service Employment Program, contact Sheila Becovits, at 944-6003.

* * *

"It is so nice to have the opportunity to help people, especially children,"said Velva Martin, a lovely ninety four year old lady in Greenville,Indiana.

Mrs. Martin has been collecting greeting cards and glasses for Dr. James Nolan for several years. He in turn takes them to Honduras twice a year and they are distributed to both adults and children.

Martin cut off the front of the greeting cards, making one pictur, and pastes pictures from magazines on the other half, thus making to cards from one whenever possible. Although she has collected several thousand cards, the need for many more thousands still exists. Mrs. Martin enjoys cutting the cards and finds it to be good therapy.

One of the nuns who distributes the cards writes to Mrs. Martin,"When I go into the hills, I carry two bags- one with medicine and one full of your cards. The children can hardly wait to get them."

If any readers have used greeting card and/or glasses and would like to share them, the card may be delivered to the South Central Indiana Council for the Aging and Aged,Inc.,134 E.Main, New Albany.

Introducing Friendship Connection

From Saint Marks United Church of Christ, 222 East Spring Street, New Albany.

The Friendship Connection is a support, social, religeous and fellowship group for all single adults in our community, wether never married , widowed, dovorced or seperated. Its primary purposes are to provide singles with with Christian fellowship, to promote understanding of other singles in like circumstances, and to help members feel needed and loved.

The intent of the group is to help singles feel whole and good about themselves as individuals. Singles, like all people, have the need to be accepted for who they are. They need to experience love and to learn and grow as individuals.

The Friendship Connection does not function as a dating group. The group meets every Sunday night for mutual enjoyment of a number of social and educational activaties. These activaties are balanced during the month between meetings at excelleent area restaurants, sporting or civic events, and variousinside events. The inside events may include films or speakers dealing with such issues as health , stress management, economic well being and personal safety.

Sunday evening meetings are held in room 104 of the Church School Building at 7:00 p.m. After the meeting the group may sometimes go out for social relaxation. There is a monthly schedule posted at Saint Marks Church and other public places. For more information contact Steve Michael at 944-2836.

From The Council For Aging

For the first time in its sixteen year history, the Elserly Nutrition Program of the South Central Indiana Council for the Aging and Aged, Inc., is limiting the number of meals lbeing served in its four county area of Clark, Floyd, Harrison and Scott. A freeze on all requests for home-delivered meals is in effect and caps at each congregate site have been implemented.

These extreme measures have been taken vecause the federal funding has not increased sufficiently to offset the inflationary costs and the increase in meal requests. The Elderly Nutrition Program has received funding for 643 meals a day and is currently serving 721 meals a day. Forty-seven qercent are served in the fifteen congregate mutrition sites and 53% are home-delivered to homebound elderly.

The freeze on all requests for home-delivered meals means that new requests cannot be honored at thes time. This has a direct effect on patients being dismissed from the hospital or health supportive services to remain in their homes, and on family members who cannot provide a hot meal for an older relative receiving home-delivered meals will not be affected unless a reassessment indicates that the need is no longer there.

The caps on the number of meals being served each day in the nutrition sites are based on average attendance with a 3% cut. The average attendance on any given day will not be affected. However, on special days some participants at all sites will be turned away because the caps have been reached. Participants at the congregate nutrition sites not only receive a hot meal, but also have the opportunity to socialize with others. This helps prevent depression and social isolation in the eldery.

According to Nancy Shiner, Nutrition Director, these measures follow drastic measures taken in 1989. These included a four-month freeze on requests for home-delivered meals and a waiting list of over one hundred people, shortening hours at the congregate nutrition sites, replacing paid meal deliverers with volunteers, and increasing voluntary contributions from the clients. Last year the program hak the option of offering Dial-A-Meal to people requesting meals. Dial-A-Meal will deliver a hot nutritious meal five days a week for the full cost of the meal, being $3.00. As of now, this is not an option because the desivery routes are at their saturation points.

In addition to the present freeze on home-delivered eal requests and the caps on congregate service, Ms. Shiner indicated that clients will be encouraged to continue with their voluntary contributions. A walk-a-thon is being planned for later this year and the public will be asked for contributions to the Elderly Nutrition Program.

Anyone wishing to make a contribution to the Elderly Nutrition Program may do so by mailing a check to:

The Elderly Nutrition Program
Area 14 Agency on Aging
134 E. Main Street
New Albany, Indiana
47150

Income Credit Program

Millions of low income working parents are now eligible for up to $910 through the federal government's Earned Income Credit program. Unfortunately, many parents may not know about the credit and may fail to apply. To apply, all a parent has to do is file a federal income tax return.

The Earned Income Credit is a tax credit for low income families with at least one worker and one child living at home. Since it is a "refundable" tax credit, families can benefit from it even if they owe no federal income tax. These families receive a check from the IRS in the amount of their credit, tather than a reduction in their fedeal income taxes.

The Earned Income credit was greatly expanded in 1986 by the President and the Congress to reward and encourage work and also to help offset the growing burden that payroll taxes place os low income working families. Nearly 11 million families now qualify for the credit. In factm the credit has now become a program providing more than $5 billion a year in benefits to low income working families.

Informing low income families about the credit is now more important than ever. This is true for several reasons. First, the federal Tax Reform Act of 1986 included provisions that eliminated federal income tax leabilities for millions of low income working families. These provisions took full effect in 1988. As a result, many more low income working families now owe no federal income taxes. A substantial number of these families may think there is no need to file a tax return. However, if they file a return, they lose the Earned Income Credit to which they are entitled.

The second reason it is important that working low income families know about the credit is that it has been greatly enlarged. Most working families earning between $6,000 and $11,000 in 1989 now qualify for a credit of at least $800. Families that work and have children living with them are probably eligible for the credit if their income last year was less than $19,340.

Families do not even have to claim the Earned Income Credit on their tax return. Aslong as they file Form 1040 or 1040-A, and are eligible, the Internal Revenue Service will compute the credit for them as well as send them a check if their credit exceeds their tax liability. Thus, a parent with two children who earned $9,000 in 1989 will owe no federal income tax, but will receive a check from the IRS for $910 if the parent files a tax return. For eligible families that do owe income tax, the credit will reduce their tax obligation.

Informing low income families about the credit and the need to file a federal tax return to receive it is more inportant now than ever before. This is true for two reasons. The federal Tax Reform Act of 1986 eliminated federal federal invome tax liabilities for millions of low income working families. These provisions took full effect in 1988. A substantial number of these families may think there is no reason to file a tax return, especially if they receive a W-2 form from their employer that shows no federal income tax to have been withheld. If they fail to file a return, however, they lose the Earned Income Credit to which they are entitled.

Hillcrest Healthcare Center
ARA
services
203 Sparks Avenue
Jeffersonville
283-7918

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183

Page 4 The Tribune, New Albany, Ind., Thurs., June 14, 1990

OPINION

THE TRIBUNE
Established In 1888

Nutrition Program back on solid ground

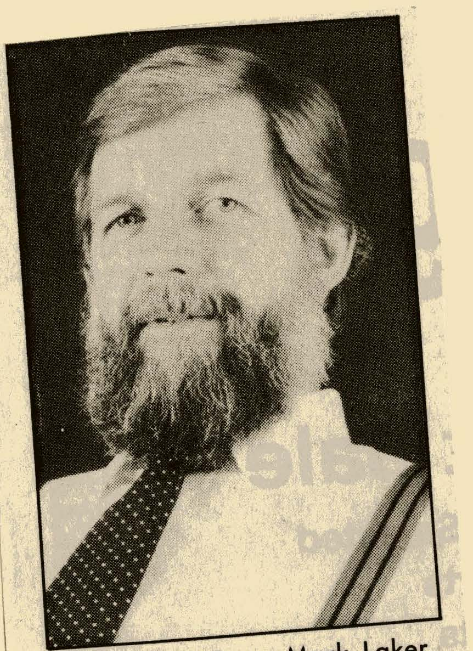
The Elderly Nutrition Program, which was hit by reduced funding and had to stop taking new customers, is on more sound financial footing. As a result, the South Central Council for the Aging & Aged has announced that the waiting lists for new customers on home delivered meals as well as the cap on the number of meals served at the feeding sites have cautiously been lifted.

The big reason for the improved picture with the Nutrition Program is response from community individuals, churches and social service organizations. A second source of increased revenue also came from those who receive the meals. They were asked to give a little more for the meals they receive and the response was excellent.

We cannot emphsize enough the importance this program plays for many of our elderly people in this area. Many are alone and unable to cook for themselves. The home delivered meals are often their only contact with the outside, and also their best chance for a nutritious meal. The 15 feeding sites also provide social connections for the many who are able to travel to one of the feeding locations. Each site also offers free health screenings and educational programs.

For more information, contact the Nutrition Program at 945-MEAL (6325).

And if you find a need to make some donations of cash, we feel you couldn't find a better place than the Elderly Nutrition Program. We thank those who responded in the most recent financial crunch.



ALZHEIMER'S — Mark Laker, a health education consultant with the Indiana State Board of Health, will speak at the Ken Ellis Senior Center, 211 Martin Circle, in Jeffersonville, Thursday at 11 a.m. Laker will talk to those in attendance on Alzheimer's Disease, a disease that is currently afflicting over 50,000 Hoosiers over the age of 65. For more information on tomorrow's program, call 283-7356. (Submitted photo)

Tribune 6/20/90

THE BANNER-GAZETTE, Wednesday, June 27, 1990

Area 14 Day Planned at Indiana State Fair

The South Central Indiana Council for the Aging and Aged Inc. will sponsor an Area 14 Day at the Indiana State Fair on Thursday, June 16. Local musicians will be providing entertainment that day in the Senior Citizens Building.

The trip to the fair is open to any person who is age 55 or over and who resides in Clark, Floyd, Harrison or Scott counties. Air-conditioned buses will leave various pick-up points at 9 a.m. and return at approximately 7 p.m. The trip fee is $13, which includes transportation and an admission ticket. Meals are not included and the fee cannot be refunded.

Reservations and payments will be accepted at the Council for the Aging office at 134 E. Main St. in New Albany, Monday through Friday, from 8 a.m. till 4:30 p.m. beginning July 2. A limited number of seats are available on a first come, first serve basis.

A new innovation this year will be International Day scheduled on Aug. 23. Entertainment from different minority groups will be featured. Minority groups wishing to perform should contact Rosalinda Garcia, International Day coordinator, at 1-800-545-7763.

In addition Indiana residents over the age of 60 may enter the State Fair Art Contest. Each exhibitor will be allowed one entry, which must have been completed by the artist after the age of 60. Previous entries are not eligible. There is no entry fee or pre-registration.

Entries will be received Thursday, Aug. 9, in the Senior Citizens Building located in the Indiana State Fairgrounds between 9 a.m. and 2 p.m. (EST). Entries must be picked up Monday, Aug. 27, between 9 a.m. and 12 noon only. Entries must be hand delivered (no entries will be received or returned by mail). Entries will not be accepted after the 2 p.m. on Aug. 9 E.S.T.

The art contest will consist of the following categories and divisions: Painting - oil, acrylic, watercolor, pencil or pastel (two division - advanced and amateur); Sculpture - open division; and Photography - open division.

Advanced is defined as one who has successfully completed a course in the field of art, but does not offer art work for sale on a regular basis.

Amateur is defined as one who has not been trained in the field of art or who engages in art as a pastime or hobby only.

For more information on the trip or the art contest please contact Earlene Bennett at 948-8330.

HE TRIBUNE
NEW ALBANY, INDIANA
30 PAGES Friday, June 22, 1990 DIAL 944-6481 SINGLE COPY (USPS 377-700) 30¢

New program will protect seniors

By BRETT A. HALBLEIB
Tribune Staff Writer

A new program is available through the secretary of state's office to warn Hoosier senior citizens about securities and investment scams.

The program is the final step in a three-pronged consumer education effort implemented by Secretary of State Joseph H. Hogsett.

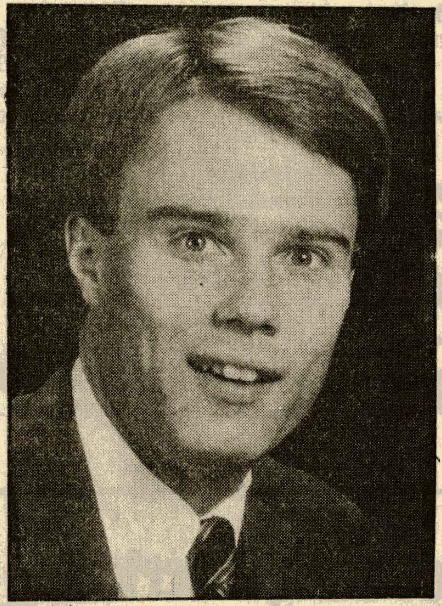
Yesterday afternoon at the Ken Ellis Center in Jeffersonville, Hogsett announced the program would be coming to southern Indiana next month. He called it the most comprehensive consumer education effort targeting senior citizens ever launched in the state.

"While the majority of salespersons are honest and legitimate, there are many swindlers who make their living by preying upon our seniors," Hogsett said. "We want to keep people's guards up and remind them there are ways to avoid becoming a victim."

Seniors especially are targets of swindlers, Hogsett said, because typically they have some money saved. The best way to avoid swindlers or con artists is to be informed, he said. "There is strength through education."

Hogsett said the majority of the complaints filed in his office come from senior citizens. "You are the target audience," he told the small crowd of seniors.

"One thing we've learned is that seniors, like most people, are interested in having a little more income." Seniors are bargain hunters and often find it difficult to hang up or walk away from high-pressure sales people, he said. "Swindlers exploit those characteristics."



> *"While the majority of salespersons are honest and legitimate, there are many swindlers who make their living by preying upon our seniors. We want to keep people's guards up and remind them there are ways to avoid becoming a victim."*
> — Joseph Hogsett
> secretary of state

Hogsett is making several stops throughout the state to announce the program.

The consumer education program will be presented at 10 a.m. July 19 at the Ken Ellis Center. An educational videotape will be presented, and a packet of information including brochures and pamphlets will be distributed. The program will last about an hour. Senior citizens in attendance also will be given material with phone numbers and contact persons for the various agencies sponsoring the program.

Ten agencies at national and state levels are sponsoring the program in conjunction with the secretary of state's office. The input from those groups has been invaluable, he said. "Senior groups have given us valuable insights into the problems that they confront," Hogsett said, "while federal and state agencies have helped us identify the most common types of scams. We hope to take that knowledge and use it for the benefit of others, before there are more victims."

The most common scams involve bogus investments, Hogsett said. But there are many insurance scams as well. The Indiana Department of Insurance will have a representative at the program to distribute information and answer questions.

Hogsett advises seniors to invest a little time before investing their money. Seniors who suspect fraud can call the secretary of state's office at 1-800-223-8791. Hogsett said his office cannot assure a good investment, but callers can find out if the investment and the person offering it are properly registered. That will help to reduce the risk of fraud and deceit, according to Hogsett.

He said one of the most appealing aspects of the program is the cost. "No taxpayer dollars are being used to fund this program." All three parts of the initiative are being paid for by securities laws violators. "It is only appropriate that those who violated the law before are helping to ensure the law isn't violated again."

Fines paid by securities law violators are put into a fund that will pay for the program. The fund has a balance of about $300,000, Hogsett said.

The program is available to any seniors group in the state. Any group interested can call Hogsett's office for more information.

The first prong of the program involved educating the public about securities fraud. The second prong targeted high school students.

Wednesday, June 13, 1990, THE CORYDON DEMOCRAT, Corydon, Ind.

Harrison senior citizens' hot meal limit lifted

The Elderly Nutrition Program of the South Central Indiana Council for the Aging and Aged Inc. announced last week that waiting lists for home-delivered meal routes and caps on meals served at the congregate sites have cautiously been lifted.

Both waiting lists and meal caps were enacted in February because there was a shortage of federal funds and services could not be maintained at 1989 levels.

"We have been able to lift the caps at the congregate sites and the waiting lists for two reasons," nutrition director Nancy Shiner said.

"One reason is that communities responded to the plight of this program," she said. "It was heartwarming to see individuals, churches and social service organizations respond.

"The second is clients of both services were asked to give 'their fair share' for each meal and their donations increased," she said.

In the four-county service area of Harrison, Floyd, Clark and Scott there are 15 nutrition sites. Each site has at least one home-delivered route and many have two or more such routes. Now the program is serving 650 meals a day, five days a week.

Anyone who wishes to join together for a good nutritious meal and socialization is invited to attend a local nutrition site, Shiner said. Each site also offers health screenings and educational programs.

If a person has a disabling medical condition and is homebound, the person can be assessed for suitability of a home-delivered meal, Shiner said.

For more information, contact the Harrison County Senior Citizens Center at 738-3065 or the New Salisbury site at Epiphany Lutheran Church at 347-3210.

Music by Don Phillips Orchestra
St Augustine's Parish Hall
316 E. Maple
Jeffersonville Ind

SHINING STAR — Senior citizens who attend the Ken Ellis Senior Center, make star decorations for a senior prom to be held June 25 at St. Augustine's Parish Hall in Jeffersonville. Working on decorations, from left are Jessie Bennett of Jeffersonville; Margaret Bostock of Clarksville; Mary Frakes of New Albany; and Goldie Schamel of New Albany. Tickets are $3 and can be obtained at the Ken Ellis Center or at 134 Main St. in Jeffersonville, or calling 283-7356. (Tribune photo by Kathy Dougherty)

6/21/90

Nutrition Program Announces Lift on Caps

The Elderly Nutrition Program of the South Central Indiana Council For The Aging & Aged Inc. announces that both the waiting lists on home - delivered meal routes and the caps at the congregate sites have cautiously been lifted. Both waiting lists and caps at the sites were placed in effect in February because there was a shortage of federal funds to maintain services at the 1989 levels.

"We have been able to lift the caps at the congregate sites and the waiting lists for two reasons," explained Nancy Shiner, nutrition director. "One reason is the communities' responded to the plight of this program.

"It was heartwarming to see individuals, churches, and social service organizations respond. The second is clients of both services were asked to give 'their

Continued On
Page Two

Banner Gazette - 6/13/90

Page 4 THE BANNER-GAZETTE, Wednesday, July 12, 1989

South Central Plans State Fair Trip/Art Contest

The South Central Indiana Council for the Aging and Aged Inc. is sponsoring Area 14 Day at the Indiana State Fair on Friday, Aug. 25.

Local musicians will be providing entertainment on that day in the Senior Citizens Building.

A trip to the State Fair in Indianapolis is being planned for persons 55 years of age or older who are residents of Clark, Floyd, Harrison and Scott Counties.

Air-conditioned buses will leave various pick-up points at 9 a.m. and will return at approximately 7 p.m.

The trip will cost $13 per person, which includes transportation to and from the Fair and an admission ticket.

The fee does not include meals and cannot be refunded.

Fees will be accepted at the Council for the Aging office located at 134 E. Main St. in New Albany, Monday through Friday from 8 a.m. till 4:30 p.m. beginning on Aug. 1.

A limited number of seats are available on a first come, first-serve basis.

An added attraction this year will be for Indiana residents over the age of 60. They may enter the State Fair Art Contest. Each exhibitor will be allowed two entries (both must have been completed by the artist after the age of 60). Previous entries are not eligible.

There is no entry fee for the contest.

Entries will be accepted on Friday, Aug. 11, at the Indiana State Fairgrounds in the Senior Citizens Building between 10 a.m. and 2 p.m.

All entries may be picked up on Monday, Aug. 28, between 9 a.m. and 12 noon.

Entries must be hand delivered and no entry will be accepted after 2 p.m. on Friday, Aug. 11.

The contest will consist of the following categories: Painting - oil, acrylic, watercolor, pencil or pastel (two divisions - Advanced and Amateur); Sculpture - Open division; Photography - Open division.

Persons desiring further information are asked to call Earlene Bennett at 948-8330 for details.

Public Meeting Set to Discuss Combining of Service Agencies

A public meeting has been scheduled to allow residents of Scott, Clark and Floyd Counties the opportunity to voice their opinions on proposed changes to a number of state agencies dealing with health and human services.

The meeting will be held at Scribner Junior High School in New Albany on Tuesday, Aug. 28, beginning at 6 p.m. EST.

According to Vance Winslow, director of the Scott County Department of Public Welfare, a bill was introduced in the last state legislative session which would combine the welfare department, the Department of Mental Health, the Indiana State Board of Health, and the Department of Human Services into a single agency.

Proponents of the bill feel that the departments are inefficient as separate agencies, Winslow said, since so many of their activities overlap and they serve many of the same people.

The bill's backers contend that a single agency would meet more people's needs for less money, since administrative costs would be lower.

This year, the measure was passed by the House of Representatives, but failed in the Senate, Winslow noted.

Tuesday's meeting has been planned to give local citizens a chance to express their ideas about action which might be taken at the local level to meet the needs of the community, ideas which may be incorporated in the bill when it is re-introduced in the General Assembly.

The school is located at 910 Old Vincennes Road in New Albany. To reach the site, take I-65 south to I-265; go west to the State Street exit; turn left on State Street, right on Cherry Street, and right again on Old Vincennes Road.

Scott Co. Journal 8/25/90

AT LEFT: 1990 Woman of the Year Dorothy Voll, left, and 1990 Older Hoosier of the Year Melba Doggett show off their awards. Voll will be honored at the Indiana State Fair in August, while Doggett will be recognized at the Governor's Conference on Aging in October. (Tribune photo by D. Broadus)

To serve needs of elderly citizens, help RSVP

The Retired Senior Volunteer Program (RSVP), based in New Albany and serving Clark Floyd, Harrison and Scott counties, is starting a new program, Home Helpers.

The purpose of the program is to help older citizens who wish to avoid moving to a nursing home with the household tasks they are unable to do. RSVP will work with the Council on Aging to provide volunteer Home Helpers.

Needs of clients may vary from light housekeeping, laundry and shopping to minor home repairs, heavy cleaning and grass cutting.

RSVP is also in urgent need of a pianist to accompany its rhythm band during weekly performances at area nursing homes in the four counties. The band sings old favorites and sometimes the residents sing along.

Anyone who has time to volunteer for Home Helpers in his or her community or for the rhythm band may call the RSVP office, 1-948-1815.

une 20, 1990, THE CORYDON DEMOCRAT,

Page 4 The Tribune, New Albany, Ind., Monday, June 25, 1990

OPINION

THE TRIBUNE

Established In 1888

Agency needs your help to help others

The typical hot, heavy and humid weather summer weather patterns have been a bit late arriving in the Ohio Valley this year. But the distractions provided by the storms, incessant rains and periodic high winds may have caused us to forget that we have seen little real oppressive heat that we have usually gotten a good dose of by this point.

It may have also caused us to forget a local program that is needed when the temperatures inevitably turn upward. That program is the Allied Seasonal Assistance Program (ASAP), the effort of several local service agencies who aim at providing relief to the sick and elderly who suffer the worst from extremes of temperature.

ASAP monitors the needs of these people, who are generally low-income residents living in poorly-insulated houses, and provides the free loans of air conditioning units and fans for the hot-weather period. Ticketed strictly for those persons who provide certification from their doctors stating that the weather presents a peril to their health, the air conditioners stocked by ASAP are quickly depleted after the first onset of 90-degree heat and humidity such as we had a week ago. The fans are loaned out to qualified persons whose needs may not be critical enough to warrant a doctor's certification.

Spokesmen for the Family Service Bureau, one of the participating ASAP agencies, said their available stock of air conditioners were essentially gone less than a week ago except for a few reserved for persons who may have to remain hospitalized unless they have an artifically cooled residence to return to. They say that they are again appealing to individuals, businesses and service clubs to consider making a cash donation to ASAP that will allow more new air conditioners to be purchased.

Spokesmen say that they will accept donations of old units, but would rather have the monetary donations to buy new units and thus avoid the expensive maintenance and rehabilitation that the used units often require. We think that this unique program is a worthy one which has been accomplishing what it was set up to do — prevent the unnecessary death of sick and elderly people from weather-related causes.

Younger, healthier and more affluent residents themselves realize the discomfort of a summer afterno in the Falls Cities, especially when they are outside air conditioned confines of home, office or car. Yet th are some people who ds

The Tribune,
New Albany, Ind.,
Tuesday, September 11, 1990

Area news briefs

Senior legislative session set

"The seniors should have input in the bills to be introduced in the 1991 legislative session," remarked Patricia Jewell, executive director of the South Central Indiana Council for the Aging & Aged., Inc. "And it is equally important they are aware of the 1991 goals and objectives of the area agency."

Fire

NEWS BRIEFS

102nd Year, No. 178

14 PAGES

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positive experiences

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a nursing or retirement home. Yet, many find it's an enjoyable experience.

Depression, anger, and guilt are common feelings among residents and family members upon entering nursing homes. "There are a lot of negative feelings," said Sharon Schroder, administrator at Robert E. Lee Retirement Inn.

She says the family feels guilty because they can't have the person live with them. "They feel like they've let them down," Schroder said.

Administrators say it takes a while for patients to adjust. Although some never do, most think it is a positive experience. "It's a real adjustment if they come from being independent," according to Green Valley Convalescent Center Social Services Director Lisa Anderson.

The "settling in period" can take as little time as a couple of hours or it may never occur. Yet, the average is about 2 weeks. "Once the family sees care start, the guilt lifts," Schroder said. "It challenges the staff, and they understand this."

Second of five parts

Schroder says the staff tries to get residents to dress in clothes other than pajamas, and they try to keep them involved. "If they look sick, they act sick," she said. "One of the hardest jobs of the staff is meeting the needs of the people; people who don't want to be here."

Sister Barbara Ann Zeller, executive director of Providence Retirement Home, says she doesn't see an abundance of emotional problems.

Robert E. Lee resident Douglas Oller says he was nervous coming into the retirement home, but "everybody made me feel welcome," he said.

Resident Theresa Underwood was "apprehensive about the whole thing."

"It was a new way of life," she said. Yet, "after about a month I began to cope."

"The people who find it hard to make it are the ones who isolate themselves," Underwood said.

"Some people are just private people," Oller said.

Both agree they try to get other residents involved, and they say the staff helps out a lot. "We really go out of our way to help," Underwood said.

Activities keep residents busy and involved. "Anytime you pull out of the parking lot they are ready to go," Robert E. Lee Activities Director Carolyn Rose said.

Cards, bingo, pool, shopping trips, dances, ice cream escapades and piano recitals are part of the fun. Green Valley Activities Director Janie Alexander says nursing homes share activity ideas. "Nursing homes help each other," she said. "It's all for the patient's benefit."

Rose says bingo is the "big" event at Robert E. Lee. "They live for bingo," she said.

Bingo is popular at Green Valley, yet, "most people just enjoy social contact," Alexander said.

Alexander says they "try to have the same type of activities as in everyday life depending on capabilities." She even says there is a little competition. "They are just like me and you," she said. "They all want to win."

Other activities include fund raisers such as sponsoring booths at Harvest Homecoming and parking cars help pay for outings. "We have a lot of people who bring in things to donate," Under-

See "Homes offer," page 2

Monday, Sept. 17, 1990

Programs allow elderly to stay at home

By CHERYL FISCUS
Tribune Staff Writer

Home sweet home. There's no place like it. That's why some elderly choose to be independent with help from home care program.

The Council on Aging and hospitals are always searching for funds to expand home care. "We plan, coordinate, and develop programs for the 60-plus age group," Council on Aging Executive Director Pat Jewell said.

One of the programs, Meals on Wheels, provides "hot nutritious meals to the homebound elderly," according to Nutrition Director Nancy Shiner.

The program provides meals once a day, five days a week. It serves as a relief for family members and as a "socialization time" for clients. "As people age or become homebound, one of the things they give up is food or a hot meal," Shiner said. "The clients look forward to seeing that person."

Meals on Wheels is funded by the Older American Act. Service is based on whether the person is physically, mentally, or emotionally homebound, not on the client's financial status. "No one is turned away because of money."

Response to the program has been favorable, with 300 clients to prove it.

Golden Years

Third of five parts

Still, the 100 volunteer drivers help make the program a success.

The homemaker program is designed to help disabled seniors maintain their homes. Social Services Director Vickie Medlock says it's "important to keep the person in the home as long as they can."

After an assessment, a person is assigned to a home. Medlock says cleaning, laundry, mending clothes, and grocery shopping are all part of the service.

The program is funded by the Social Services Block Grant and is based on income. A person must be 150 percent of the poverty level or below, which averages about $750 per month or less to qualify for the program. Yet, fees are strictly by donation.

Sometimes relief is not only needed for the homebound but also for the caregiver. Respite care is "relief from primary caregiving responsibilty," Jewell said. "It provides trained companions to take over the responsibilities for the person (caregiver) to get away."

The caregiver has to be over 60 and an assessment is made to determine eligibility. Most care is done by family members, and many times it's older people taking care of older people. The program allows the caregiver a well-deserved break.

Medical needs can also be taken care of in the home through the home health care program at Floyd Memorial Hospital. The program's director, Lisa Steele says services provided include skilled and intermittent care, physical therapy, speech therapy, social services, in-home nurses and home health aid. Steele says all health aids go through a certification course.

The home health care unit also provides Lifeline, an emergency response system connected directly with the hospital's emergency room.

Steele says a year ago the program added a laundry service to further meet clients' needs.

Steele says home health care and the Council on Aging often help each other. "We volunteer to deliver meals for the Council on Aging," she said.

Fees for home health care are calculated on a per visit basis. Steele says about 85 percent of the program's business is done through Medicare.

Funds for in-home care are limited, but one proposal could give the program a boost. Community and Home Options to Institutionalization for the Elderly and Disabled (CHOICE) is available in 20 Indiana counties, but not Floyd County.

"We need it (CHOICE), and we don't have it," Jewell said.

•Part four of the "growing old" series will focus on transportation for the elderly and disabled.

Tuesday, Sept. 18, 1990

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Submitted photo

OUTSTANDING ACHIEVEMENT AWARD — Frances Able (center) receives her award from First Lady Susan Bayh and Lt. Gov. Frank O'Bannon.

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Seminar on senior legislative issues to be held Sept. 14

The 1990 legislative seminar and Area 14 hearing on bills concerning senior citizens slated for introduction to the 1991 General Assembly will be held Sept. 14 at Trinity United Methodist Church, New Albany.

Legislators and the opposing candidates have been invited to express their intent to support legislation to maintain or increase the services of older adults. The availability of in-home care by 1992 is a major concern.

Programs and services to be offered to seniors in 1991 will be presented, with an opportunity for the audience to ask questions and comment on both the legislative issues and the area plan.

Registration is 8:30 to 9 a.m. The seminar will be from 9 to noon. Deadline for lunch reservations is Sept. 11. Suggested donation for seniors is $1.25, while those under 60 years of age will pay $3, the full price of the meal.

The event is co-sponsored by the South Central Indiana Council for the Aging and Aged Inc. and the Jeffersonville and Floyd County Chapters of AARP.

Please call Earlene Bennett at 1-948-8330 for reservations or more information.

Page 2 THE BANNER-GAZETTE, Wednesday, September 5, 1990

Seminar and Hearing Planned

The 1990 Legislative Seminar and Area 14 Hearing will be held on Friday, Sept. 14, in Murr Hall of the Trinity United Methodist Church in New Albany.

Legislators and their opposing candidates have been invited to express their intent to support legislation to maintain or increase the services of older adults. Having In Home Care (Choice) in Floyd, Clark, Harrison and Scott counties by 1992 is a major concern.

The programs and services to be offered to Seniors in 1991 will be presented, with an opportunity for the audience to ask questions and comment on both the legislative issues and the Area Plan.

Registration will be from 8:30 till 9 a.m., followed by the Legislative Seminar scheduled to begin at 9 and last until 12 noon when lunch will be served.

Cost of the meal to Seniors is a suggested donation of $1.25. Those under the age of 60 are to pay $3, the full price of the meal.

The deadline for reservations is Sept. 11.

For additional information or for reservations please call Earlene Bennett at 948-8330.

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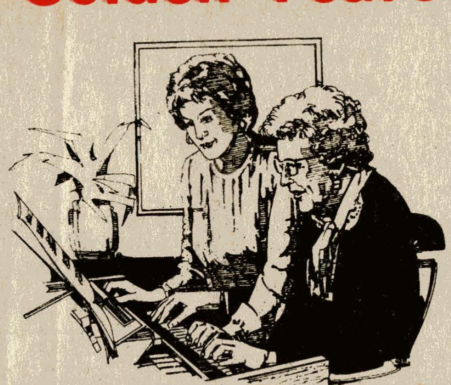
Transportation services available for elderly

By CHERYL FISCUS
Tribune Staff Writer

Golden Years



Fourth of five parts

The elderly in Floyd County shouldn't have trouble being transported from place to place as long as reservations are made in advance.

Transit Authority of River City (TARC) has two special services for the elderly. Tarclift and metro access service provide home pick up for those unable to ride the regular TARC system.

Pauletta Leslie, director of elderly and disabled services, says TARC has over 300 requests for metro access everyday. "There's more of a demand than they thought there would be," she said. "It's a good system."

In order to use the system, a doctor must certify that the rider can't use the regular TARC system. Leslie says passengers must set up times they want to be picked up and often have to schedule appointments a week in advance.

Leslie says Tarclift is designed for groups of 10 or more and is free for senior citizens Monday through Friday 10 a.m.-3 p.m. Other times, seniors can receive discount tickets and ride for about 25 cents.

The metro access service is for individual trips and is used seven days a week. The ride is 60 cents each way.

The Council on Aging also provides transportation for the elderly. Passengers must be over 60 and make reservations 48 hours in advance. Rides are based on donations, which Pat Jewell, executive director of the Council on Aging, says are "extremely important."

"It's almost a crisis situation as far as funding," she said. "In 1991, there will be an increase in the number of people who need care and less funds."

The system transports people to and from Louisville for cancer treatments, and Jewell says they recommend a $1 donation each way. She estimates over 800 people use the service.

Jewell credits volunteer drivers for making the program a success. "I don't know where we'd be without volunteers," she said.

Another form of transportation is Medicaid approved non-emergency transportation. CS Medical Transportation Service Inc. transports passengers in 11 area southern Indiana counties.

Belinda Jones, marketing and public relations representative for CS, says Medicaid pays a "flat rate" for transportation costs.

"Medicaid pays a lot," President Don Lindsey said. "It's for people who can't get around very well," he said.

CS transports people to medical centers, hospitals, physicians, optometrists, chiropractors and dentists. They also have four wheelchair lift vans that run beyond office hours, yet require 24 hours notice for appointments.

Prices start at $15 a trip, with higher fares for those in wheelchairs.

The program is beneficial because it assures patients will make appointments on time. "Many times, if you're 10 to 15 minutes late for an appointment, they won't see you," Lindsey said.

•Part five of the "growing old" series will focus on health insurance policies.

Wednesday, Sept. 19, 1990

Help is available for the aged in need

By CHERYL FISCUS
Tribune Staff Writer

Golden Years

First of five parts

It's easy when you can cook a meal, drive a car, and not worry about getting sick or having health insurance. But it's a different world for those who find cooking difficult or impossible, driving an impossibility, and getting health insurance a necessity. That's what often awaits an individual as they grow older.

It's not a drastic change but happens over time. Some say growing old is the "beginning of the end." The truth is, there's a lot being done to provide convenience and assistance for the elderly right here in Floyd County.

Part two of this five part series on growing old begins with the nursing home. What was thought to be an "institution" where one is "seen and not heard" is portrayed in a little different light — a much brighter one.

Nursing homes, at least some in Floyd County, aren't thought of as a negative experience. They're not the "beginning of the end" but the beginning of recovery for many people.

Dances, piano recitals, incoming guests and speakers, bingo, and pool are part of the fun. In addition, friendships the elderly make in nursing and retirement homes let residents share a special bond.

Staffs are not there just to watch over them but to encourage and help residents. "One of the hardest jobs is meeting the needs of the people, people who don't want to be here," Robert E. Lee Retirement Inn Administrator Sharon Schroder said.

Yet, residents do enjoy being there. "I can't say it's a depressing time in a nursing home," Schroder said. Yet, "some people have blinders to the positive side."

In-home care is an alternative to nursing homes. Part three of the series looks at different programs offered for in-home care. Meals on wheels, homemaker, in-home health care supervision by nursing staffs, and respite care make it convenient for the elderly to remain at home but still receive care.

The Council on Aging and community hospitals have teamed up to provide help for the elderly for low costs, but funds are limited for the programs.

The Community and Home Options to Institutionalization for the Elderly and Disabled (CHOICE) is a program not offered in Floyd County but is expected to become statewide in a few years.

It is a program to provide more funds for elderly home care. "We don't have it, and we need it," Council on Aging Executive Director Pat Jewell said.

Transportation for the elderly has been a common problem due to wheelchairs and expensive costs. Part four of the series is an informative article on transportation services for the elderly offered by the Council on Aging, Transit Authority of River City (TARC), and medicaid non-emergency services.

Door-to-door pick up is provided and passengers can get a low rate even if not on medicaid. Wheelchair lifts are also provided for easy transportation of the disabled.

These services require advance reservations which help the elderly get to appointments on time. "If your 10 or 15 minutes late, they won't see you," CS Medical Transportation Service President Don Lindsey said.

The complexity of insurance can be a mystery to figure out. Certain clauses and requirements in order to get medicaid, medicare, or just health insurance can be frustrating. Part five of the series looks at requirements for qualifying for medicaid and medicare, and also problems with health insurance for early retirement.

It focusses on pre-existing illnesses and deductibles along with supplement packages to medicare.

State Farm insurance agent Bob Bitner says the elderly are often on a "fixed budget," and insurance deductibles and hospital costs can "throw their budget out of whack."

"Medicare supplements can be very critical," Bitner said.

Floyd County provides help for the elderly in a number of ways. Being informed of the variety of elderly care programs can make the choice easier.

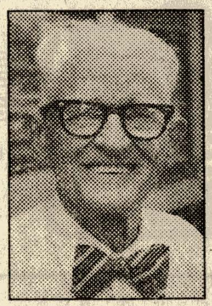
Sunday, Sept. 16, 1990

THE COURIER-JOURNAL, WEDNESDAY, SEPTEMBER 12, 1990 **C 5**

Four community standouts named senior citizens of year

PRIME TIME
AL ALLEN

Norma Peach Newcom
Sewing expertise helps others



Robley Rex
A friend to area veterans

Dorothy Voll
Youngsters receive her time, effort

Melba Doggett
"You have to be where the action is"

A political and social activist.

A veterans' counselor for more than half a century.

A woman who has devoted her life to education.

Another whose sympathy for a friend undergoing radiation therapy for cancer spurred a project that has attracted national attention.

These are the three women and the man chosen as 1990 senior citizens of the year for Jefferson County and Southern Indiana.

In Jefferson County, a man and a woman are selected annually to receive the Harland Sanders-Jefferson County senior citizen award, sponsored jointly by the county's Office of Community Outreach and Jewish Hospital Senior Services. The award bears the name of the Kentucky Fried Chicken founder, as does the hospital's geriatric center.

The two Indiana awards are made by the Indiana Department of Human Services.

Norma Peach Newcom

Youngest of this year's recipients is 65-year-old Norma Peach Newcom of Valley Station. Newcom helped found the South Dixie Homemakers club more than 30 years ago, has been its president for 20 years and has taught arts and crafts to it members.

Over the years she has organized a club for teen-agers in her neighborhood, collected money for various charities and worked on many civic programs.

Many of her activities call on her expertise in sewing. She has taught it in an adult-education program, created a patch for a quilt depicting Valley Village that hangs in the Southwest Jefferson County Government Center, sewn costumes for productions at the Little Colonel Playhouse in Pewee Valley, Ky., and designed and made a family of anatomically correct dolls that are used when sexually abused children testify in a court in Mississippi.

But Newcom's big thing is turbans. Five years ago a friend was undergoing radiation therapy and had paid $8 or $10 for a turban to hide her hair loss.

"However, a woman needs more than one, to coordinate with her clothing," Newcom said, "and this can run into a lot of money when you consider how much she's already spending for medical treatment."

So Newcom undid the turban, made a pattern from it and created several new ones. "I'm interested in how anything is put together, and I'll take it apart to see how it works," she said.

Since then the South Dixie Homemakers and other such organizations have copied the pattern and made hundreds of turbans that are distributed through the Jefferson County Chapter of the American Cancer Society.

The idea spread to Gulfport, Miss., where Newcom was visiting a daughter. Since then, thanks to word of mouth and newspaper publicity in Mississippi, she received requests for the pattern from people in many states. She invariably complies, the only restriction being that the turbans made from the pattern be donated, not sold.

"I couldn't figure what I'd done when they told me about this award," she said. "When you love to do things, the reward is the feeling you get when it helps someone in some way."

Newcom, a Hartford, Ky., native, also fills her spare time playing golf with her husband, Harold, a retired chemical operator for E. I. du Pont de Nemours & Co. The couple have six children, 12 grandchildren and one great-grandchild.

Robley Rex

At the other end of the age scale is 90-year-old Robley Rex of Okolona, Jefferson County male senior citizen of the year. For more than 50 years thousands of veterans and their families have learned that he is the man to see for help.

Rex enlisted in the Army during World War I and was sent to France with an ordnance depot company. After Armistice in 1918, he was sent to Germany before returning to the United States for mustering-out in 1921.

Since 1932 he has been service officer for the Okolona Veterans of Foreign Wars post and holds the same position with a Disabled American Veterans post. He also serves as a claims agent with the Veterans Administration.

His job is to help veterans and their families — frequently their widows — with problems, most often cutting through red tape regarding pensions and proof of service-connected disability.

There are also letters to write, hospital and funeral arrangements to make and Social Security and Medicare/Medicaid questions to answer. He also is a chaplain with the VFW, visiting nursing homes and hospitals, and recruits vigorously for the veterans' organization.

Rex estimates that he deals with 80 cases a month. If that rate were constant during the 58 years he has been a service officer, he has handled 55,680 cases. He has been nominated for the Governor's Activist Award and is a past winner of the prestigious Bell Award for outstanding voluntary community service.

Rex, a slim, vigorous man, somewhat hard of hearing, works out of a cluttered office in his home, a former bedroom, in which files, loose papers and memorabilia climb each wall to the ceiling.

He is a native of Christian County and retired from his job as a mail clerk for the Louisville & Nashville Railroad in 1960. He and his wife, now a resident of a nursing home, have no children.

The Indiana Department of Human Services has two similar honors — Woman of the Year, changed this year from Senior Queen, and Older Hoosier of the Year.

The personalities of this year's Southern Indiana winners are dissimilar — one shy, almost self-effacing, the other forceful and self-assured. Yet the two women have many things in common: both are widows, both are intensely involved in church work and both have long records of civic achievement.

Dorothy Voll

Dorothy Voll of New Albany, the area's Woman of the Year, is still at work at 75. Appropriately, her part-time job is in the New Albany Public Library's children's section, for much of her life has revolved around youngsters.

She raised six children of her own and, after a detour into clerical work, became a special-education aide, working with junior and senior students at Floyd Central High School until retiring in 1985.

A former associate, Pamela Himmelheber, wrote, in recommending Voll for the honor, "Outstanding in my memory of those times is how wonderfully calm and content Dorothy seemed as she went, through her work day. . . . She readily won a place in both faculty and students' hearts."

Voll also does volunteer work in the Mount St. Francis Church gift shop and in the Retired Senior Volunteer Program office and helps the Interfaith Community Council with Senior Day College, an educational program for seniors.

In what little time is left over, Voll is slowly writing a children's book about the Rosary.

Melba Doggett

Jeffersonville's Melba Doggett, 67, the area's Older Hoosier of the Year, says, "You have to be where the action is." By that criterion, she has been in a dazzling number of places.

Currently Doggett is concentrating on the American Association of Retired Persons' Consumer Housing Information Service (she's the local coordinator); Church Women United of Clark County (she's president); Cook Memorial United Methodist Church (she's on the board); CHOICE, Indian's home-care program; and the Hilltoppers, a senior-citizen fellowship group from six local churches.

Governmental affairs play a big part in Doggett's life. She has lobbied on senior-citizen issues in Indianapolis and appeared before the local Planning and Zoning Board on behalf of seniors. She regularly monitors the activities of government boards, was legislative chairman for the American Legion Auxiliary, participated in the work of a school-board selection committee and served with JUMP — Jeffersonville United to Make Progress, a civic-improvement committee.

She has coordinated a Clark County Boy Scout food-collection program and worked with "Little Angels," a group of women who operate a clothing store and have donated more than $250,000 to the Rehabilitation Center and Goodwill Industries of Southeastern Indiana. Among her other affiliations are the Older Women's League, Pilot Club, Special Olympics, Business and Professional Women, YMCA, Retired Senior Volunteers Program, Boy Scouts and the Indiana University Southeast Adult Continuing Education program.

Doggett served in the Navy Nurse Corps in World War II and, after moving to Jeffersonville from her native Little Rock, Ark., worked for 24 years at the Louisville Veterans Administration Hospital, retiring in 1975.

"Older Hoosier of the Year" is only the latest of a long string of honors, including a 1989 Bell Award.

"Prime Time" appears Wednesdays in the Features section. The first Wednesday of every month Al Allen answers questions of interest to older people and their families. Address your questions to "Prime Time," Features, The Courier-Journal, 525 W. Broadway, Louisville, Ky. 40202.

Council for Aging plans walkathons in effort to avoid meal-program cuts

By DAVID CAZARES
Staff Writer

NEW ALBANY, Ind. — The South Central Indiana Council for the Aging and Aged will conduct four walkathons next week to raise money for its home-delivered-meal program.

The council, serving the elderly in Clark, Floyd, Harrison and Scott counties, hopes to raise enough money so it won't have to cut services again next year, said Pat Jewell, executive director.

In February, the council limited the number of meals it served the elderly because it had more requests than resources.

Jewell said the council's federally funded nutrition program could not meet the demand, so for about three months the council did not accept any new requests for home-delivered meals and limited the number of meals it served at 15 sites in the four counties.

"We were looking at a deficit of $20,000, so that's when we decided we had to take some drastic measures," she said.

The council continued delivering meals to people who already were receiving them, but because of the cuts, 120 people who requested home-delivered meals didn't receive them, and more than 250 people who arrived at the meal sites were turned away, said Carolyn Burgess, a nutrition assessor for the council.

She said the walkathons are "preventative medicine" to make sure the cuts don't happen again. Some of the elderly "do not have family or anyone close by to take care of them," she said.

Jewell said the program serves 650 meals a day, about half of them delivered.

This year's measures followed similar ones taken last year, when there was a four-month freeze on requests for home-delivered meals and a waiting list of more than 100.

The council also reduced the hours at the meal sites, replaced paid delivery people with volunteers and asked for more contributions.

Jewell said she worries about such cuts affecting people who have just been released from hospitals, people who may need help at home to keep them out of nursing homes and families who need help getting meals to older relatives.

And that could cause problems, she said, because many elderly people do not have transportation or are recuperating and cannot go out.

Jewell said the program's total budget for this year is about $585,000, and more than half of it — about $288,000 — is federal money. She said the state provides some money but the rest comes from the U.S. Department of Agriculture's reimbursement for each meal and donations from recipients.

Jewell said the number of elderly people in the four counties — particularly those ages 75 to 85 — has increased significantly in recent years, but federal funding has not. Food and utility costs and salaries have also increased.

The council has asked meal recipients to donate more money and they have responded, she said, adding that the average donation for a home-delivered meal is now 83 cents, up 33 cents from last

See AGENCY
PAGE 12, col. 1, this section

Section B

The Evening News, Jeffersonville, Ind., Thursday, October 18, 1990

Staff photo by Bryce Mayer

PRESENTING A CHECK for $500 to the Meals on Wheels program is Mike Flora of North Vernon Beverage. Half that amount was raised by Sunday's golf scramble tournament, the other half donated by the beer distributor. Accepting the check is Pat Jewel, executive director of the South Central Indiana Council for the Aging; Patti Van Binsbergen of INB Banking Centrs; and Brenda Klein of the Clark Arms apartments.

Scramble golf tourney nets $500 for Meals on Wheels

From staff reports

A total of $500 was raised for Southern Indiana's Meals on Wheels program by a scramble golf tournament last Sunday.

Proceeds from the Michelob Tee It Up for Charity tournament, held at Clarksville's Wooded View Golf Club, amounted to $250. The sponsor of the tourney, North Vernon Beverage, matched that amount to donate to Meals on Wheels.

There was a tie for first place at 8 under par with the team of Tim Vissing, Carl Gibbons, Jim Leitch and Jim Rasdon winning the putt off against the team of Brian Chinn, Jay Potter, Joe Paris and Jeff Rorrer. The third-place team, at 7 under par, included Eddie Cleveland, Joe Hoyland, Don Miller and Ray Shepherd.

Longest-drive honors were shared by Gibbons and Gene Jackson. The closest-to-the-pin award was won by Carol O'Neil. Sixty-four golfers took part in the event.

Elderly Nutrition Program says thanks

Dear Editor,

The Elderly Nutrition Program wishes to thank all those who responded with donations to the home-delivered meal program for the homebound elderly.

For us working with the elderly, it has been very heartwarming to see the community respond to the plight of this program. At this time, we have put a freeze on new requests for home-delivered meals because our federal funding has not increased sufficiently to match our inflationary costs and the increased number of requests for service.

The clients being served on this program are asked to make a voluntary contribution for each meal received. But we still are falling short. Hopefully with these donations, we will be able to begin filling new requests for home-delivered meals in the near future.

We appreciate the efforts of the New Albany Jaycees who came to us with the suggestion for a roadblock, and then made all the necessary arrangements. The New Albany Jaycees are the ones to have on your side. The roadblock netted approximately $800. We appreciate the efforts of the Jaycees and the many donations from the people.

Thank you all for your concern.

Patricia Jewell,
Executive Director,
and Nancy Shiner,
Nutrition Director,
South Central Indiana
Council for the Aging & Aged, Inc.

Readers write

Caring keeps meals rolling

Dear Editor,

Recently, our agency called upon the community to assist with one of our programs which is crucial to enabling frail, homebound elderly persons to remain independent and in their own homes. "Meals on Wheels" provides hot lunches at noon for these individuals.

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We are truly fortunate to be a part of such a caring, responsive community.

Patricia Jewell,
Executive Director,
South Central Indiana
Council for the Aging & Aged, Inc.

Insurance is like jigsaw puzzle for seniors

By CHERYL FISCUS
Tribune Staff Writer

Golden Years

Last of five parts

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To qualify for the Elderly and Disabled program, a person must be 65 or older or have a condition that is "totally disabling and will last indefinitely."

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It is important to understand individual insurance coverage, he noted.

"It's not bad not to have something covered," he said. "It's when you think it's covered and it's not."

Thursday, Sept. 20, 1990

Agency plans walkathons

Continued from Page A 9

year. "People are really doing their share." Each meal costs the council $3.

Jewell said the agency hopes the fund-raising campaign will enable it to provide service to all who request it next year, but that may be difficult because it will have less to spend and food and fuel costs are going up.

She said the council will probably be able to serve only about 580 meals a day from its projected 1991 budget of $525,000, adding that the fewer meals the council serves, the lower its reimbursement from the Department of Agriculture.

Jewell said the council will be able to make it through the end of this year without any further cuts, but its fund-raising efforts will have to increase to avoid future ones.

"We we can no longer depend on government to meet the need that we have in our area in terms of services for older people," she said.

She said the cuts earlier this year showed that businesses and charitable groups in Southern Indiana are willing to pick up the slack with contributions. "We saw a big response," she said.

Burgess said the people the council serves are also eager to help, as she saw when visiting many of them earlier this year.

"They would say 'I'm giving all I can but I would like to give more,' " she said. "And at the end of the month they would put in whatever they had left over for food."

Burgess said the first walkathon will begin at 10 a.m. Monday at the Riverview Towers apartments in New Albany. Other walks will be held in Scott County on Tuesday, Clark County on Wednesday and in Harrison County on Thursday. For the times and locations of those walks call 948-8330.

The entry fee for the walkathons, which are co-sponsored by INB Banking Company, is $3.

Contributions may be sent to the Elderly Nutrition Program, Area 14 Agency on Aging, 134 E. Main St., New Albany, Ind. 47150. Contributions will be earmarked for meals in the county from which the donation is received.

Elderly Nutrition Program says thanks

Dear Editor,

The Elderly Nutrition Program wishes to thank all those who responded with donations to the home-delivered meal program for the homebound elderly.

For us working with the elderly, it has been very heartwarming to see the community respond to the plight of this program. At this time, we have put a freeze on new requests for home-delivered meals because our federal funding has not increased sufficiently to match our inflationary costs and the increased number of requests for service.

The clients being served on this program are asked to make a voluntary contribution for each meal received. But we still are falling short. Hopefully with these donations, we will be able to begin filling new requests for home-delivered meals in the near future.

We appreciate the efforts of the New Albany Jaycees who came to us with the suggestion for a roadblock, and then made all the necessary arrangements. The New Albany Jaycees are the ones to have on your side. The roadblock netted approximately $800. We appreciate the efforts of the Jaycees and the many donations from the people.

Thank you all for your concern.

Patricia Jewell,
Executive Director,
and Nancy Shiner,
Nutrition Director,
South Central Indiana
Council for the Aging & Aged, Inc.

Readers write

Caring keeps meals rolling

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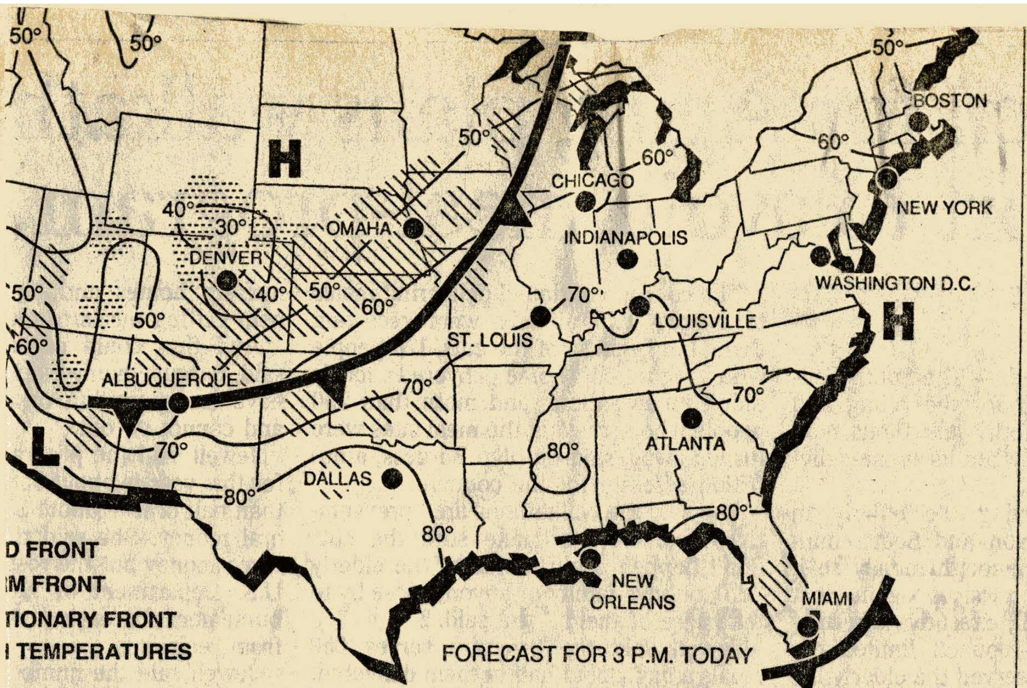

FORECAST FOR 3 P.M. TODAY

ITIES WEATHER SUMMARY

precipitation for 24
.m EDT yesterday.

Prec.	Today's Forecasts	Hi-Lo
.85	Clear	57-29
	Cloudy	63-47
.13	Snow	36-27
	Clear	72-46
.69	Clear	60-40
	Clear	62-35
.22	Cloudy	48-28
	Clear	74-37
	Cloudy	45-28
.15	Clear	53-25
1.21	Clear	59-40
	Cloudy	89-66
.44	Clear	61-34
.14	Clear	42-23
	Clear	75-47

Providence	58-48	.76	Clear	60-35
Raleigh-Durham	64-39		Clear	65-34
Rapid City	66-43		Cloudy	48-35
Reno	55-42	.05	Clear	58-24
Richmond	62-38		Clear	63-35
Sacramento	73-54		Clear	78-45
St. Louis	61-37		Clear	70-43
Salt Lake City	50-46	.67	Cloudy	52-34
San Diego	73-64		Clear	74-62
San Francisco	68-54	.03	Clear	75-50
Sault Ste. Marie	40-31		Cloudy	53-26
Seattle	55-40		Cloudy	57-41
Shreveport	72-41		Clear	78-44
Sioux Falls	63-34		Rain	49-40
Spokane	48-32		Cloudy	51-28
Syracuse	48-40	.05	Clear	58-32
Tampa-St. Pete	88-72		Clear	87-65
Topeka	72-35		Cloudy	60-49
Tucson	88-62		Cloudy	80-57
Tulsa	70-42		Cloudy	71-55

YESTERDAY'S EXTREMES

Low temperature: 11 at Wisdom, Mont.

High temperature: 92 at Fort Myers, Fla., and Buckeye, Ariz.

THE WORLD

The following weather observations were compiled yesterday, based on the previous day's weather.

City	Hi	Lo	Weather
Amsterdam	61	46	Cloudy
Athens	77	57	Clear
Auckland			

But this break-in, or
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en's underwear was t
the burglar made o

Officer is s
by parents
suspect he

Associated Press

INDIANAPOLIS — T
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against the officer wh
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Mary Jo Booker clai
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violated the civil right
armed son by using
deadly force.

The suit — filed in
Court by Booker an
man's father, Leonard
— seeks unspecified d

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July 9. He had been i
suspect in the armed
fast-food restaurant.

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Section **B**

rsonville, Ind., Thursday, October 18, 1990

Staff photo by Bryce Mayer

PRESENTING A CHECK for $500 to the Meals on Wheels program is Mike Flora of North Vernon Beverage. Half that amount was raised by Sunday's golf scramble tournament, the other half donated by the beer distributor. Accepting the check is Pat Jewel, executive director of the South Central Indiana Council for the Aging; Patti Van Binsbergen of INB Banking Centrs; and Brenda Klein of the Clark Arms apartments.

Scramble golf tourney nets $500 for Meals on Wheels

From staff reports

A total of $500 was raised for Southern Indiana's Meals on Wheels program by a scramble golf tournament last Sunday.

Proceeds from the Michelob Tee It Up for Charity tournament, held at Clarksville's Wooded View Golf Club, amounted to $250. The sponsor of the tourney, North Vernon Beverage, matched that amount to donate to Meals on Wheels.

There was a tie for first place at 8 under par with the team of Tim Vissing, Carl Gibbons, Jim Leitch and Jim Rasdon winning the putt off against the team of Brian Chinn, Jay Potter, Joe Paris and Jeff Rorrer. The third-place team, at 7 under par, included Eddie Cleveland, Joe Hoyland, Don Miller and Ray Shepherd.

Longest-drive honors were shared by Gibbons and Gene Jackson. The closest-to-the-pin award was won by Carol O'Neil. Sixty-four golfers took part in the event.

Insurance is like jigsaw puzzle for seniors

By CHERYL FISCUS
Tribune Staff Writer

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Golden Years

Last of five parts

Thursday, Sept. 20, 1990

Local residents honored with top state awards

By ANN ALL
Tribune Lifestyle Editor

Two New Albany residents were recently selected from nominees around the state to receive the two highest awards bestowed by the Indiana Federation of Older Hoosiers.

Myrtle Casey received the Maurice Endwright Award for Significant Achievement, and Sister Barbara Ann Zeller, S.P. received the Jesse Dickinson Award for Advocacy. Both women were nominated for the awards by the South Central Indiana Council for the Aged and Aging, Inc.

The Maurice Endwright Award was established in 1987 in honor of Endwright, the first executive director of the Indiana Commission on Aging and past president of the federation. The award is presented to an individual aged 65 or older who has made a single outstanding contribution to his or her community in the past five years.

Casey was honored for her work with people with mental and physical handicaps. She was instrumental in the development of the Joseph Rauch School. She assisted with fundraising, recruited volunteers and approached local churches and businesses to donate items for the school.

Casey was employed for more than 16 years at the school as a bus driver and kitchen manager.

This past year, at the age of 71, Casey became involved with "Life with Seeds and Plants," a new hands-on horticulture program for disabled persons. The program is sponsored by Living in Family Environment (LIFE).

Casey, a Master Gardener certified by Purdue University, helped 14 handicapped [illegible] the Rauch School plant their own individual 6-by-10-foot garden plots last summer.

Potatoes, peppers, eggplants, watermelons, tomatoes, squash, green beans and flowers were among the items planted. Seeds were planted in rotation so that participants could harvest produce all summer. Most of the vegetables were donated to the Interfaith Community Council's Food Pantry.

Casey visited the plots several times a month to get her hands dirty. "I hadn't dug potatoes since I was a kid in the country, but I got out there and dug potatoes," she said.

Two weeks ago, participants harvested the last of their crops -- corn, gourds and pumpkins.

Casey plans to continue her work with the program next year. "It gives you a good feeling to do something worthwhile," she explained. "If the Lord's willing, I'd like to keep working with the gardeners at the Rauch School."

Casey is active in other community causes. She has taught craft and sewing classes for 4-H clubs and set up craft workshops at the New Albany-Floyd County Public Library. She is co-chairman of the Advent Christian Church Clothes Closet, president of the Floyd County AARP and president-elect of the Floyd County Extension Homemakers.

AWARD WINNERS — Myrtle Casey, left, and Sister Barbara Ann Zeller, S.P. received the two highest state awards from the Indiana Federation of Older Hoosiers. Zeller received the 1990 Jesse Dickinson Award for Advocacy, and Casey received the Maurice Endwright Award for Significant Achievement.

(Tribune photos by Ann All)

Casey said all of her volunteer efforts keep her busy. "Sometimes I say I'll get a job and go to work so I can get a rest," she joked.

"I don't understand anyone who is bored. There aren't enough hours in the day to experience all the different things I'd like to do," she added.

The Jesse Dickinson Award was established in memory of Dickinson, the late state representative and state senator from South Bend who introduced the bill in the Indiana General Assembly which created the Indiana Commission on the Aging and Aged in 1955. Every year, the honor is awarded to both a professional in the field of aging and a volunteer.

Zeller is executive director of the Providence Retirement Home, a residential facility for about 75 older persons. She served as a Commissioner of the Indiana Department on Aging and Community Services from 1982-88 and as a board member of South Central Indiana Council for the Aged and Aging, Inc. from 1983-85. She serves as a gerontology consultant to universities, religious orders and hospitals.

Three years ago, Zeller established Providence House, a congregate living program housed at the former Holy Family Catholic Church convent. When demand exceeded the space available at the former convent, Zeller created Providence Place, another congregate living program [illegible] retirement home.

She developed the only adult day care program in the area, also housed at the retirement home. She has masterminded many improvements at the home, including the recent construction of an addition which allowed for expanded adult day care and six more residential placements.

Zeller began working with senior citizens when she was a young nun studying for her teaching degree at St. Mary-of-the-Woods College in Terre Haute.

"It appeared that many of the senior sisters didn't understand the younger sisters and had special needs of their own," she explained.

Zeller extablished the Sunshine Room, a facility for crafts, social events and other activities for the older sisters. She also began driving the older sisters to local restaurants and theaters for outside activities and established a visitation program that allowed younger nuns to interact with their elders.

Zeller left St. Mary-of-the-Woods to teach in Jasper. Then her religious order, the Sisters of Providence, created a mandate for one of its members to study gerontology. "We were one of the first congregations to send anyone to study in that field," she said.

Zeller was selected to pursue gerontology studies, first at the University of Michigan and then Shortly afterward, Zeller came to New Albany.

Zeller is concerned about the development and maintenance of programs for the aging. "I've seen some beautiful programs in the state blossom, but I've also seen a lot of budget cuts," she said. "Right now I'm very frightened about where the field is going."

In the next few years, Zeller hopes to develop a program at Providence designed for the special needs of Alzheimer's patients.

"We try to constantly be on the cutting edge when it comes to assessing the needs of seniors," she said.

Although award plaques fill the wall of her office, Zeller said the Jesse Dickinson Award was a special acknowledgement of her work.

"This is is very special because it relates to senior advocacy and because the competition was so very tough," she explained. "My work with the elderly has generated a great deal of satisfaction in my life."

Sister Barbara Ann Zeller Named Recipient of Jesse Dickinson Award

Benner-Gazette 10/3/90

Sister Barbara Ann Zeller, S.P., of New Albany, was recently selected as the 1990 recipient of the Jesse Dickinson Award for advocacy. The award is presented annually to one professional from the state of Indiana whose contributions have made a significant change in the lives of older Hoosiers.

She was nominated by the South Central Indiana Council for the Aging and Aged Inc., and was presented with the award at the Indiana Federation of Older Hoosiers Banquet held in Indianapolis on Sept. 18.

She has worked with the aging and aged for many years and has served as the commissioner of the Indiana Department of Aging and Community Services from 1982-1988, as a board member of South Central from 1983-1985 and is affiliated with numerous other organizations. She is a well-known gerontologist who serves as a consultant to universities, religious orders and hospitals.

She has been innovative in her approach to solving problems encountered by seniors in the area. One effort established Providence Place, which houses older persons in a congregate setting. In addition, she developed the only Adult Day Care program in Floyd, Clark, Harrison and Scott counties.

Readers write

Agency felt left out by article

Dear Editor,

Appearing in the Tribune recently was a series of articles titled "Golden Years." Part three of the series concerned home care as an alternative to nursing home placement. After reviewing the initial article on Sept. 16, I contacted the reporter, Cheryl Fiscus, and asked if the Hoosier Hills Home Health would be included in the article. She stated that she didn't contact any agencies except the Council on Aging and the Floyd County Hospital. I informed her that we are the locally owned and operated home health agency and provide services to the homebound that are not available through either the Council on Aging or the Floyd Memorial Hospital.

The Hoosier Hills Home Health Services provides not only intermittent care in the home, but also available are certified home health aides and licensed nurses on an hourly basis for around-the-clock shifts. The Hoosier Hills Home Health can also provide a live-in companion for a loved one in their home or apartment for a weekend or an extended period of time to maintain a family member at home in familiar surroundings. This service is not available through any other local agency.

The Hoosier Hills Home Health also has available a homemaker service to take the client to the grocery, doctor, drugstore or for a ride in the car, assist with light housework or laundry, and offer companionship and an oft-needed outing to increase socialization.

I feel your article was somewhat misleading concerning the Respite Care program. Granted, the Council on Aging provides a wonderful service to our community, and without them many of our citizens would not get a hot meal as provided by the Meals-on-Wheels, or socialization from those delivering the meals. But the Council on Aging does not provide the trained companions for relieving the caregivers as does the Respite Care Program. Those services are done on a contract basis with local agencies and currently in Floyd County, the Hoosier Hills Home Health is providing the certified home health aides for this service. The funding does come through the Council on Aging, but the service is provided by the Hoosier Hills Home Health.

Also mentioned in your article is the CHOICE program. I am in total agreement with Pat Jewell that this is a much-needed program, but again it was not mentioned that Hoosier Hills Home Health currently is providing services to the CHOICE program in Washington County.

Cheryl Fiscus, the author of these articles, stopped by my office and when the question of Hoosier Hills' input into these articles was discussed, she stated that she was new in town and did not check to see if there were any private home health agencies in New Albany. Ms. Fiscus did not have to leave the Tribune office, but merely needed to check the advertising department to find out if there was a home health agency spending its advertising dollars with her employer. Or she simply could have opened the yellow pages of the phone book under "Nurses" to see that there is more than one agency providing in-home nursing service to our community.

We at Hoosier Hills Home Health feel that since we are a locally owned and operated business which spends advertising dollars in the local newspaper, employing persons locally and providing a much-needed local service, we should have been included in the article on home health. We are not asking for favored treatment, but maintain the opinion that all home health agencies providing services to our community should have been included in the article — if for no other reason than to allow all those persons that are now or will someday need home health service to be able to make a well-informed decision as to who will care for their loved ones at home.

Malinda R. Kost, RN,
President,
Hoosier Hills
Home Health Services, Inc.

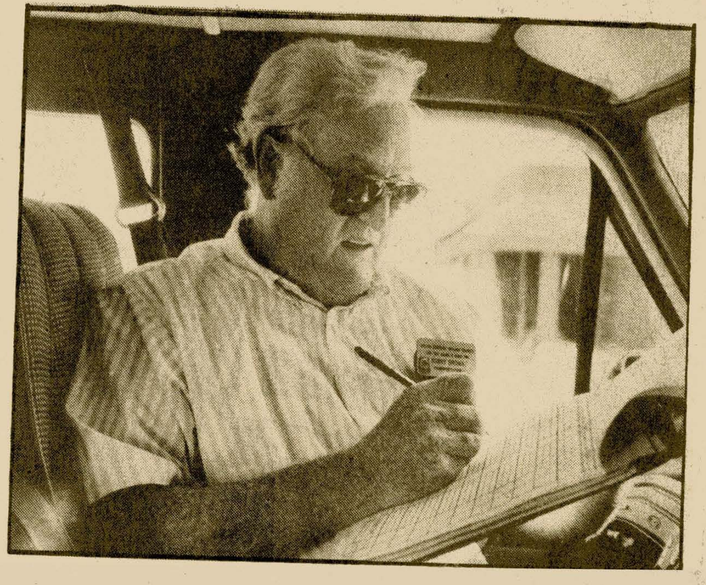
(EDITOR'S NOTE: In an article concerning such a wide range of topics, it is impossible to include everyone connected directly or remotely with the topic. The article tried to give readers an overall picture. Had we used everyone in the field of care and service to senior citizens it would have been so long as to not have been read. Also, it should be noted that advertising dollars spent have no bearing on news coverage.)

10/4/90

Flair
November 7, 1990
The Corydon Democrat

Features Weddings Engagements Opinions Letters TV Key

Seniors enjoy driving with Mister SONNY BROWN



Far left: Sonny Brown of Corydon, a driver for the South Central Indiana Council for the Aging and Aged Inc., logs miles each time he picks up a senior citizen or makes a stop. At left: he opens the door on his van and holds a stool with his foot so Thelma Sherrill, 81, can get out at her house near New Middletown.

STORY AND PHOTOS
by RANDY WEST

Sonny Brown gets around. Since December, he has driven 20,000 miles along Harrison County's highways and byways.

Sonny, 57, drives senior citizens to the hot meal site at the Harrison County Senior Citizens Center in Corydon. Sonny drives the 14-passenger van for the South Central Indiana Council for the Aging and Aged Inc., which serves Harrison, Floyd, Scott and Clark counties.

On Tuesday and Thursdays, he's on the road for about six hours, picking up the elderly in New Middletown, Elizabeth and Corydon and then taking them home after their meal and essential errands. On Wednesdays and Fridays, on his northern route, he picks up people in Bradford, Palmyra, Sennville, Depauw and New Salisbury. Those senior citizens eat at the Epiphany Lutheran Church meal site in New Salisbury. On Mondays he takes local people to the doctor, grocery, banks and drug stores.

One day Sonny piled up 251 miles on three trips to Elizabeth, one to Louisville and one to Sennville.

The route varies each day because his passengers' schedules vary — occasionally one of them gets sick and he might have to turn around and take them home. "You gotta be flexible in this," Sonny said.

A couple of years ago, before the council's transportation budget was slashed, senior citizens could reserve rides to hot meal sites 48 hours in advance. Now they are urged to sign up two weeks early.

That makes for a lot of bookwork for the driver. What with mileage records, travel reservations, doctor and hospital appointments and safety reports on his van, Sonny often works late into the night on required paperwork. "I'm so far behind in it I think I'm ahead," he joked one morning in October while filling out a form on his clipboard.

When one group eats lunch, Sonny drives another to the grocery, drug store, bank. Each Friday he drives an elderly woman to see a doctor at a hospital in Louisville.

The van used to be used for shopping trips, too, but that's a thing of the past. Pat Jewell, executive director of the South Central Indiana Council, said "shopping trips have been eliminated as we struggle to keep up with the demand for medical appointments."

Maxine Spurgeon, South Central's transportation coordinator-dispatcher, said she hopes that someday a source of funds will be found to support a second van so senior citizens can have a hot lunch every weekday.

Sonny drives a big light blue Ford XL Club Wagon. On Thursday, Oct. 4, Sonny's log showed that he had transported 15 people, put in 370 "passenger miles" or 113.5 actual miles and amassed 41 different "trips."

"I don't do it for the money," he said. A licensed driver, Sonny makes as much in one day as he used to make in one hour as a journeyman technician in electronics for the Federal Aviation Administration. He retired a couple of years ago from Standiford Field, where he was responsible for maintaining landing aids on the east-west runway.

He was looking for something to keep himself occupied when he saw an ad for the job in the newspaper.

"I enjoy working with the old people. I always have," he said.

"At first they were afraid to ask for anything," he said, pointing out that they scrupulously avoided abusing their transportation privilege. But now, Sonny said, "I've got them convinced that I'm here to serve them."

He said he derives some satisfaction from assisting elderly people: "I feel like I'm making a difference," he said.

Sonny has been driving the van since December. He drives with a pillow against the small of his back. He has a serious back problem — he believes it stems from an injury he suffered while pole vaulting for the Corydon High School track team. He's had surgery twice on his back the past 10 years and expects to have a third operation soon. In that case, his wife, Patricia, who works for another South Central program, Meals on Wheels, will drive the van while he recuperates for several weeks.

Sonny, a broad-shouldered, amiable man with yellow-white hair, doesn't complain about his back. In fact, every time he picks up or delivers a passenger, he bends over to place a wooden stool on the ground under the door of the van to make it easier for his passengers. He says the daily exercise doesn't hurt his back. "If I don't have something I have to do, I kinda baby it," he said.

The senior citizens who make their once or twice-weekly rides with Sonny "love it, they enjoy it," said Maxine Spurgeon of Sellersburg, the transportation director for the South Central Council. Some of the passengers are in the vans for at least one hour each trip and would like to ride the whole route.

"For some, it's the only time they get out. It's a joy for them to get out and go places," Maxine said. Some are so anxious they're ready at 4 o'clock in the morning, she said.

"It's more like a big party for 'em than anything," Sonny said. "More of them come for the fellowship than the food."

Edith Miller Gleitz, 84, Corydon, agrees. "I don't get out too much, but this helps. It helps," she said.

The transportation program is funded by the federal government, Metro United Way and donations.

Senior citizens are encouraged to give $2 per round-trip ride (which actually costs $4.05 one way), but they're not denied if they cannot pay. They are supposed to be at least 60 years old, but recently one 57-year-old woman, who used to walk from Sennville to a grocery in Corydon and back once or twice a week, got special permission to ride Sonny's van.

Sonny has been trained in first aid, cardiopulmonary resuscitation and defensive driving. He carries equipment like fire extinguishers for emergencies. Motioning beneath the driver's seat, Sonny said, "It's right here where I can get to it if I need it."

All his passengers are required to wear seat belts — unless they can't get them on.

"Even though I'm just a bus driver, I'm still responsible for these people's lives," Sonny said.

Three times each week, Brown leaves senior citizens at the meal site at the Harrison County Senior Citizens Center in Corydon.

Brown drives his van along tree-shaded Posey Road near Elizabeth after picking up Dora Green.

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Opinions

November 7, 1990

The Corydon Democrat

Vanguard deserved that nice high note

It was no overnight success when the Corydon Central Vanguard was named fifth best Class C band in Indiana.

In fact, there's little-to-no overnight success or blind luck involved in marching band competitions. Members put in long hours and a lot of hard work.

One hundred and three high school students even gave up part of their summer vacation to attend band camp, which is where the Vanguard's odyssey began. Marching band competitions started just about the same time classes did.

Director Ben Hayes shot for the stars as he picked out a program of space music, with a science fiction edge. And Hart County (Ky.) band director Ed Johnson helped put the show together.

The band's stunning show was truly a group effort. Assistants Kevin Trobaugh and Kim Wisman helped with the flag corps and almost anything else that needed to be done, Hayes said.

The drill was set for band camp, then constantly refined, based on the judges' comments.

Hayes says that while he gets a lot of the glory, most of the credit goes to the kids.

"They teach each other," he said, plus, the juniors and seniors offer leadership.

Enthusiastic band parents helped with practices, performances and uniforms. And Band Boosters are now raising money to buy new uniforms to outfit next year's freshmen.

The Vanguard's winning ways have somewhat overshadowed the accomplishments of other area bands, notably North Harrison's Marching Cougars.

After a year in which they were led by three different directors, North Harrison's band bounced back under the leadership of Gary Crisp. The Cougars earned a first division rating at the regional contest, placing eighth overall.

But the band year's not over yet.

After the high of marching band season, the Vanguard converts to concert band, which is held indoors. It's also time for pep band and the Christmas concert.

With one-fifth of Corydon Central's students in the band, school spirit is definitely on the rise.

The Vanguard had a great time at this year's state finals, and Hayes said that the band is definitely going back.

With determination and high spirits, they should have a good shot. We wish them luck.

—LORI BESHEARS

What this country needs is a strong party system

By EMERSON ABTS

Now the Election is over and, as we suspected, not much has changed. Oh, there were some interesting local races, and a few surprises in statewide contests, but, nationally, not much change. Most of the incumbents were reelected, as we were sure they would be.

Lots of people were for limiting the number of terms for Congressmen. Lots more people were for throwing them all out. But these same people, for the most part, voted in their own Congressperson. "The rest of them are bums, but I kind of like ol' Lee."

And national government is in a mess. Want to know why?

I think that the problem is that there are too few Republicans in Congress, in the House and in the Senate.

And too few Democrats, too, for that matter.

What we now have is a lot of men and a few women who bear the party label but who do not follow the party line. And — surprised? — I think that is a bad thing. Bad for the party and bad for the country.

What we now have is a lot of men and a few women who got themselves elected not because they were Republican or Democrat. Not really. They got themselves elected by declaring themselves independent of party discipline, and getting PAC money and buying TV time.

It was not always so. Once the two parties exercised almost complete control over candidate-members. It was all right to have a few mavericks in Congress, a token few; but for the rank and file, there had better be no breaking rank, no getting out of line. If the president wanted something, all the members of his party voted for it. If the opposition wanted something, all of *their* members supported that something.

And for the most part, we all said that was bad.

We cheered the mavericks. We liked the occasional one who said no to the party chairman, even to the president. We liked the sound of non-partisan. My high school teacher used to say, "I vote not for the party but for the man." And, after a short pause, he would say, "Course, the best man is always a Republican."

And gradually, the party — the parties — lost authority and lost the ability to discipline their members. The

Our readers write

Congress whose leaders cannot do very much by way of controlling the members.

The president says he is reluctant but we must raise taxes, and a Newt Gingrich says, "Fie!" and organizes opposition, Republican opposition against his president.

Maybe it began under Harry Truman, first president after Roosevelt. Truman lost the congressional elections in 1946. He was faced with a Republican Congress and he campaigned long and hard against the "do-nothing Congress."

(He called them back into special session in 1948, starting on July 26. "In Missouri we call that Turnip Day," Truman said. He was going to make them reinstitute price controls. "We'll put price controls on turnips, I guess," said one Republican.)

Truman called that Congress no-good. President Eisenhower, in his last years, vetoed far more bills than he signed. He called the veto "my pistol."

Jimmy Carter ran against Congress as well as against Gerald Ford.

Ronald Reagan ran against all "gummint."

And individual members of Congress began running their own campaigns. They, too, ran against Congress. They took care of the home folks by carefully working at solving individual problems in their district. They took care of the home folks by dipping into the pork barrel. (Don't you dare close that base. That's in my district! My people really need that new war plant. Let's save money, but not at the expense of my constituents.)

And members of Congress got re-elected.

And we have a situation today in which four or five hundred Congresspersons have a very hard time agreeing on much legislation at all.

The president has no control over them. The party has no control over them. A return to a strong party system, a system in which the party tells the country what it stands for, in which candidates must stand on that platform, in which the party provides the funds for the campaign — return to such a system might not be all bad. Indeed I think it could be a very good thing.

What do you think?

If you love justice, help stamp out racism

Joy Lindauer

The scene remains as clear in my mind today as when television brought it into my living room many years ago, when white supremacists of the South were testing federal resolve to integrate schools: a mother holds her toddler on one arm and a lollipop in the other hand and speaks into the camera, "Now you tell these people we don't want niggers in our schools and I'll give you this candy."

As the song in "South Pacific" goes, you have to be carefully taught to hate and despise all those your parents hate and despise.

Ever since the integration of the schools and the Civil Rights Act of 1965, the playing field of American political and economic life seemed to be leveling out, to be giving black people (whose only reward for helping to build up early America was slavery and whose only legacy to their descendants was poverty) and women (second class citizens right up to World War II) a fairer chance in the factories and offices of America.

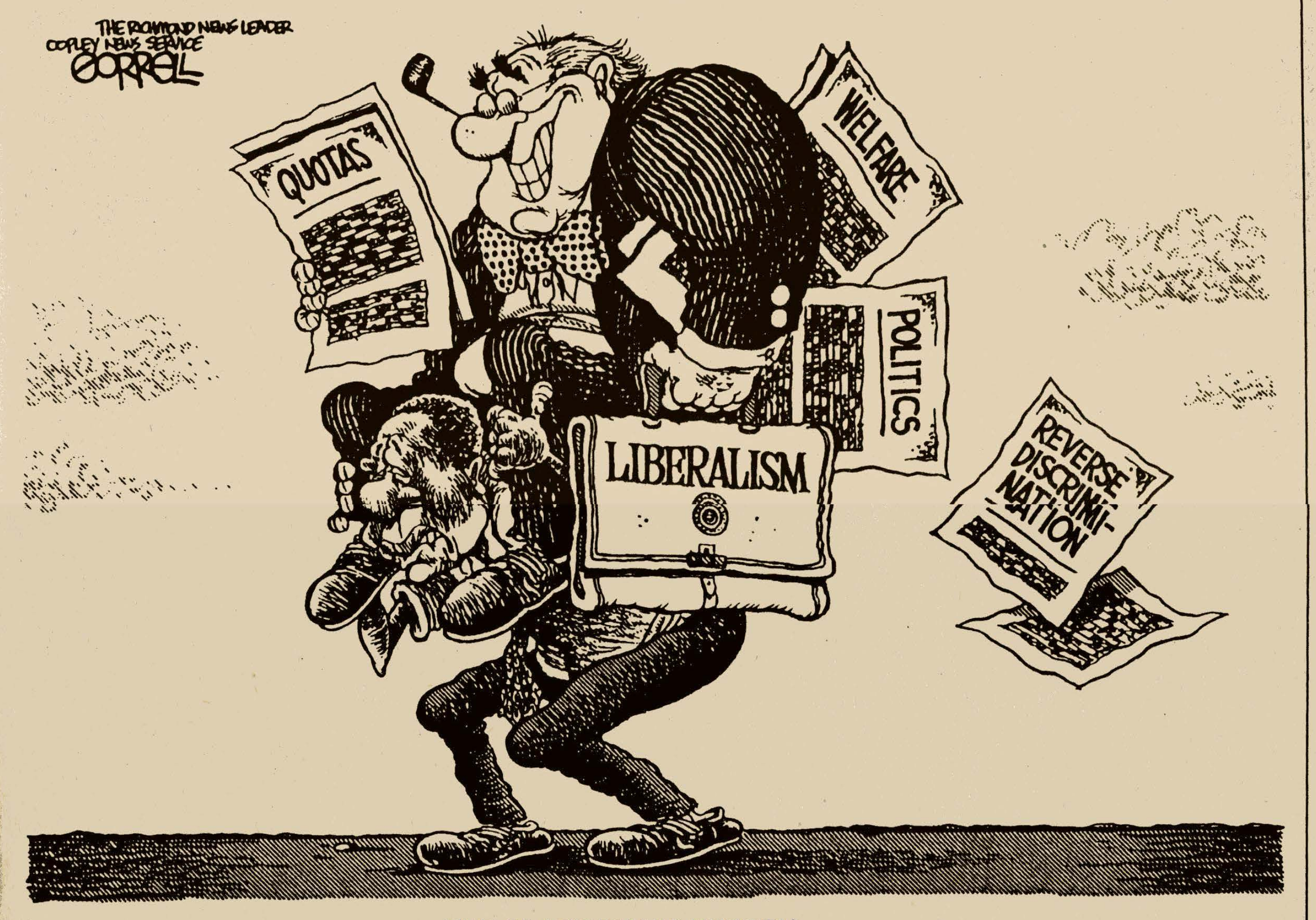
Now those efforts are being undone by the courts, and the legislators' new civil rights bill, meant to stop the erosion of hard-won opportunities for minorities, has been vetoed by the president.

Worse yet, racist attitudes are becoming socially acceptable again.

For a while, the racists of America seemed to be anachronistic. The impotent intolerance of TV-land's lovable bigot, "All in the Family's" Archie Bunker, could be laughed off.

Recent events indicate the intolerance is becoming less impotent.

"Skinheads" preach their gospel of white supremacy and seem to be increasing their level of violence, up to and including murder. An ex-grand dragon of the Ku Klux Klan, now a state senator and ex-candidate for the U.S. Senate, watches from the gallery of the United States Senate as the vetoed civil rights bill goes down by one vote.



THE BLACK MAN'S BURDEN

I don't argue with the right of anyone to choose to congregate with those of their own kind. I personally don't choose to define my own kind as someone with the same color skin as I have. (What could be more superficial than that?) On the other hand, most of us, in the nature of things, spend most of our time in the cultural group into which we're born, and thus have a natural affinity for the familiar and a natural prejudice against the unfamiliar.

Unlike many other liberals I have met, I do not claim a lack of prejudice. I think, deep down, everyone has it.

I know about mine because once I was in a situation, on a streetcar in Pittsburgh, in which I was the only white face in a close-packed sea of humanity. I remember a rise of panic and the relief I felt when I was out on the street again. It doesn't matter that later I felt ashamed and was able to realize that minorities — one black child in a class of whites, for instance — have to get used to the suffocating reality of being surrounded by the unfamiliar.

The only antidote to the ravages of prejudice-induced fear is justice. It strikes me as outrageous that advocates of any kind of racial supremacy can root their views in religion, when justice is one of the strongest mandates of all of the great religions.

Historically, the demon of unbridled racial prejudice is unleashed in hard economic times. It is a great temptation for politicians to use it to their advantage at any time, as the famous Willie Horton ads were used by the Bush presidential campaign in 1988. And that was when things were looking relatively optimistic for the American people.

By all indications, we may be in for some rough sledding economically, and the voices of those few true statesmen we have left will be increasingly drowned out by the opportunists and demagogues.

It falls to each of us who love justice, whether or not we accept the label "liberal," to stamp out the fires of racial injustice whenever they flare up in our own backyards, to not stand silent whenever a human being is put down for not being born in a state pleasing to some bigot.

The great German theologian Dietrich Bonhoeffer, imprisoned by Hitler for his stand against the Nazis and executed as the Third Reich crumbled, once expressed the fallacy of apathy in the face of injustice against minorities. I paraphrase his idea: They came for the Jews, and I wasn't a Jew, so I did nothing; they came for the Catholics, and I wasn't a Catholic, so I did nothing; they came for the homosexuals, and I wasn't homosexual, so I did nothing; they came for the blacks, and I wasn't black, so I did nothing. One day they came for me, and there was no one left to do anything to help me.

Letters

Test wells do not guarantee safe water

Oct. 24, 1990

In the past months, there has risen a need to expand not only the sewerage system, but also to find an alternative water source. So far, the only positive move has been toward a well system, by tapping into the Ohio River.

It seems this should have been the last choice in any proposed system.

For the past 150 years, the Ohio River has been used for sewer, for chemical waste, and a just plain dump. Add the natural runoff of the farmers' pesticides and fertilizers. The river bed is covered with the heavier laden metals and compounds that, in fact, do contain carcinogens. (Carcinogens are those elements and chemical compounds that are cancer-causing.) It has been dangerous enough that the government has issued health warnings about eating bottom eating fish such as catfish and carp.

By drilling a test well at a distance from the source (Ohio River) only superficial information can be attained. It is not enough to insure a safe water supply. This test well produces only knowledge about the semi-dormant (slow-moving) water at that particular site. Though the test may show it pure enough in its present state, this is, at, best misleading.

The water is not flowing toward the test well at the rate of the estimated millions of gallons per day. This well does not adequately sow the migration (movement) of impurities through the so-called natural filtering bed. To do this, there must be massive test wells taken and a projected estimate on how long these chemicals will take before contaminating the source (projected well).

Okay, let's explain it this way: Would anyone drill for water next to their septic system? Especially since it has already been documented it contains cancer causing agents? Just imagine a whirling cesspool sucking in at the rate of millions of gallons a day.

Why install a system that costs megabucks when most assuredly it's going to cost more megabucks down the road?

It is suggested that Harrison Springs be used or its aquifer be tapped into north of town. (The aquifer is the underground flow of this water). The results would be: better water, better pressure and at a cheaper rate; existence of another, lower aquifer could lead to a back-up system; the distance from source to town can be cut from a third to a half. This would reduce the overall costs proportionally.

Town's support made band feel special

Nov. 1, 1990
Corydon, Ind.

As members of the Corydon Central Vanguard, we would like to extend our thanks to our wonderful supporters and leaders who not only supported us at the State Finals in the Hoosier Dome, but also throughout marching season.

To the community of Corydon, we thank you for all of your support shown throughout the town. Thanks to all of the businesses who put up signs wishing us good luck. The people who greeted our buses with cheers and posters made us feel much appreciated and special.

To our fellow classmates and teachers at CCHS, we thank you for showing your support by traveling to our contests and showing school spirit. You were all great!

To our wonderful band parents, we extend a special thank you. We commend you for all of the time and work you put into this year's season. Without you, we would have never made it as far as we did! You can only imagine how it felt to march onto the field at State and hear you cheering, knowing that you were behind us 100 percent.

To Mr. Hayes, Mr. Trobaugh, Ms. Wisman and Mr. Emmons, we cannot thank you enough. You were always there cheering us on and urging us to do our very best. You spent many hours at practice making sure everything was just right. (Even if it did mean climbing up telephone poles to get a "better" view!) You knew what it took to get to State and pushed us to accomplish this ultimate goal. You taught us that it didn't take just hard work to get to State, but that it also takes pride in ourselves and dedication to the band.

To our fellow band members, we thank you for all your time and effort all season. Wasn't State an awesome experience?

Thanks to everyone, we are proud to represent Corydon Central as well as this wonderful town.

KRISTIN CLIBURN, JENNY ECKART, JULIE THIENEL
Members of the 1990 Vanguard

Some parents need child-raising lessons

INDIANA

THE COURIER-JOURNAL
LOUISVILLE, KY.
WEDNESDAY,
OCTOBER 24, 1990.

SCOTT
COUNTY
COURTHOUSE

STAFF PHOTO BY MICHAEL HAYMAN

MARCHING FOR MEALS: Parading past the Scott County Courthouse yesterday were participants in the Scottsburg walkathon to raise funds for the home-delivered meal program of the South Central Indiana Council for the Aging and Aged. The council is holding four such events this week, hoping to raise enough money so meal services to the elderly won't have to be cut again next year. Walkathons will be in Clark County today and in Harrison County tomorrow. For times and locations, call 948-8330.

HE CORYDON DEMOCRAT, Corydon, Ind. Page 2 – Wednesday, October 31, 1990, T

I WALKED A MILE
MEALS ON WHEELS
WALK A MILE
MEALS ON WHEELS

Randy West

They walked a mile for Meals on Wheels

Scott Rumple, 7, joined Carolyn Burgess of New Albany (left) and Marjorie Board of Laconia (right) and about 30 others Thursday morning for a march around Corydon to support Meals on Wheels. The hot lunch program for senior citizens, sponsored by the South Central Indiana Council for the Aging and Aged Inc., faces a 1991 funding crisis in four counties. (See editorial in Flair section.)

Wednesday, October 10, 1990, THE CORYDON DEMOCRAT,

Governor's Conference on Aging set for late October in Indy

"Old age is not for sissies," according to Art Linkletter. The entertainer will bring that message Oct. 29 at the Governor's Conference on Aging in Indianapolis, where he will deliver the keynote speech.

His presentation focuses on the rights and opportunities available to senior citizens and how to secure them.

Experts will discuss a wide range of issues during the three-day conference, sponsored by the Indiana Dept. of Human Service.

Advance conference registration forms are available at local senior citizen centers and area agencies on aging. Cost is $70 for ages 60 and over and $80 for younger ages, for all conference sessions and four meals. For just the sessions, the cost is $20 or $30. Participants may then pay for those meals they wish to have at the conference.

Home meal program to benefit from community walk

The South Central Indiana Council for the Aging & Aged Inc. and INB Banking Center are sponsoring a campaign to raise money for the home-delivered meal program for the elderly.

More than 70 persons age 60 and over who have requested the service this year have been put on a waiting list because the funds to meet their needs were not available.

"Funds from the federal Older Americans Act have not kept pace with the steadily growing need for services or the inflationary costs of providing such services," said Nancy Shiner, nutrition director of the council.

The campaign includes not only requests for corporate donations, but also small community walks in the four-county service area.

In Harrison County, the community walk will be Thursday, Oct. 25 at 10 a.m., from the Corydon Senior Citizens Center on Mulberry Street to Old Capitol Square, where participants will be greeted by town officials.

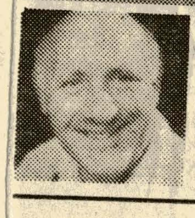
The entry fee is $3, the cost of one home-delivered meal. Entry forms are available at the meal sites or can be obtained the day of the walk.

Shiner said it was heartwarming to see the community response last year and hopes the community will respond again. Everyone is invited to participate by paying the entry fee and walking or by donating the entry fee to the program.

For more information, call Shiner at 1-945-MEAL or the local nutrition sites. Corydon Democrat 10/17/90

THE INDIANA WEEKLY, WEDNESDAY, AUGUST 22, 1990w

WHAT'S HAPPENING IN FLOYD COUNTY



ED
SCHUELER

People

Dorothy Voll of New Albany was one of 16 women from throughout Indiana, each representing an agency serving senior citizens, whom the Indiana Department of Human Services honored last week at the State Fair. The 16 were named Women of the Year in recognition of their volunteer work.

Voll, 75, represented the South Central Indiana Council for Aging and Aged. She is a member of the Retired Senior Volunteer Program and has been a volunteer for the Muscular Dystrophy Association and the American Heart Association. She has tutored at the New Albany-Floyd County Schools' Adult Learning Center, volunteered as a clerical worker for the Community Corrections Department, serves on the advisory board of the Interfaith Community Council and assists with the council's Senior Day College program.

She also is a volunteer at Mount St. Francis Retreat Center and has served on various committees and projects at Holy Family Catholic Church, where she is a member, and at St. Mary Catholic Church in Navilleton, where she was a long-time member before moving to New Albany.

October 31, 1990

Fuel needed for Meals on Wheels

Estella is a 75-year-old New Albany widow who has lived alone since her husband died in 1983. She had always been active and self-sufficient. She was a care-giver. But not now. Now she is severely limited by arthritis. She walks with a quad cane, is very unsteady on her feet, and cannot go outside her home by herself.

She has no one to care for her. There are no family members or relatives in the area. She is greatly frustrated by her physical decline, which has left her unable to shop for groceries or even stand at the stove long enough to cook.

Estella gets $435 a month from Social Security. Pride kept her from asking for assistance until her situation had deteriorated to an unhealthy and unsafe level.

This is a true story, as told by Pat Jewell, the executive director of the South Central Indiana Council for the Aging and Aged Inc., which serves Harrison, Floyd and Clark counties.

Estella's case is not unique. More than 70 others aged 60 and older who needed hot meals last winter were placed on a waiting list for 2-1/2 months!

"The dollars to meet their needs were simply not available," Jewell said. "Funds from the federal Older Americans Act have not kept pace with the steadily growing need for services or the inflationary costs of providing such services."

And there is no assurance that there will be any money available for the Hot Meals on Wheels program that the South Central Indiana Council provides.

Jewell, in Corydon last Thursday for a little-noticed senior citizens march for Meals on Wheels, said funding increases from Congress are not expected. In fact, additional cuts are anticipated for 1991 even as the demand for hot meal programs increases. The elderly are doing all they can to stay out of nursing homes.

"We don't know what the budget negotiations (in Washington, D.C.) will do to us," she said.

This is an incredible and intolerable situation. Our country can achieve just about whatever it wants, but taking care of our infirm elderly is apparently not high on our list of priorities.

The federal government can send a 240,000-man military machine to Saudi Arabia at a cost of millions of dollars to keep our precious oil flowing, but it cannot come up with the $3 a day it takes to deliver one hot meal to an elderly person at home.

Jewell said the crisis in the home-delivered meal program was met earlier this year by asking the poor folks who received the meals to increase their donations! These are not people swimming in money, but they increased their giving by about 50 percent. Private citizens, churches and service organizations also responded to pleas for help.

Now the business community is being asked to support the program. Some of them are. INB Banking Centers are underwriting the cost of the current campaign. Other businesses can help, too. Please give generously.

—RANDY WEST

'Angels' can make holiday a heavenly one for seniors

By ANN ALL
Tribune Lifestyle Editor

Children may go to bed with visions of sugarplums dancing in their heads during the Christmas season, but many senior citizens dream of simpler things -- like shoes, clothing and toilet articles.

To help meet the needs of such area residents, the Salvation Army and the South Central Indiana Council for the Aging and Aged are sponsoring a senior citizen angel tree.

For the past several years, the Salvation Army has sponsored an angel tree to help provide clothing for needy children during the holidays. Last year, the number of people who wished to participate in that program exceeded the number of children to be served, resulting in a surplus of "angels."

So this year, the Salvation Army combined forces with the Council on Aging to co-sponsor a similar program for nursing home patients and the home-bound elderly. The goal is to assure that the seniors will receive an appropriate Christmas remembrance.

Thelma Bertrand, health services director for the Council on Aging and angel tree coordinator, said, "In the past, the response to the children's angel tree has been wonderful beyond belief. We're hoping to see the same kind of response for our new program."

The new angel tree will not lessen the number of children served in the community. "We guarantee that this program will not take away from the children in any way," Bertrand emphasized.

Bertrand said she hoped that many "angels" would opt to brighten the holiday for both a child and a senior citizen, as she herself is doing.

"I certainly don't want to discourage anyone from taking a child's name, but the expense is not great to provide for an elderly person," she said. "I think people could buy a gift for under $20 with ease."

The senior angel tree is specifically designed to serve adults who are at least 60 years old and are living on a limited income. Many of the seniors have no family members to remember them during the holidays.

"A lot of people in the nursing homes have no family," Bertrand said. "They're living on incomes of maybe $30 a month, and they can't even affort things they need like orthopedic shoes."

Seniors seeking "angels" filled out "wish lists" requesting needed items. Bertrand said the seniors were encouraged to list several possible gifts, although "angels" are not required to purchase every item on the list.

The names of nearly 500 seniors now hang on a tree located in the new Wal-Mart store in River Falls Mall. Wal-Mart employees will assist in distributing names and collecting gifts.

Persons wishing to participate in the program should collect a name or names from the angel tree. Only first names are provided to the shopper. The deadline for selecting a name is Dec. 11.

After gifts are purchased and wrapped, they should be returned to the Wal-Mart no later than Dec. 15.

In addition to requests for typical items like pajamas and sweat suits, Bertrand said seniors asked for such unusual objects as a harmonica, a bunch of bananas and a bulletin board.

"Can you imagine someone asking for something as simple as bananas?" Bertrand asked. "Some of these requests, they just touch your heart."

HEAVENLY HELPERS — Working on the angels that will decorate the senior angel tree at Wal-Mart are, clockwise from left: Thelma Bertrand, Cpt. Mark Turner, Ruth Cole, Margaret Baker, Elizabeth Loyd and Marguerite Stamper. The names of needy seniors will hang on the tree until Dec. 11. Deadline for turning in gifts is Dec. 15. (Tribune photo by Brett Halbleib)

The Tribune, New Albany, Ind., Tuesday, October 16, 1990

Walk to raise funds for Meals on Wheels

Estella, a 75-year-old widow who lives in New Albany, has always been an active, self-sufficient caregiver of others.

Now she finds herself severely limited by arthritis. She walks with a quad-cane, is very unsteady on her feet and cannot venture outside her home by herself. She is greatly frustrated by her physical decline which has left her unable to shop for groceries and stand at the stove long enough to cook.

Her pride kept her from asking for assistance until her situation had deteriorated to an unhealthy and unsafe level. When she did ask for Meals on Wheels, Estella was placed on a waiting list.

Unfortunately, Estella's case is not unusual. She and more than 70 others age 60 and older called for meals in February 1990, and were placed on a waiting list for home-delivered meals for 2½ months. The dollars to meet their needs were simply not available.

Funds from the federal Older Americans Act have not kept pace with the steadily growing need for services or the inflationary costs of providing such services.

The South Central Indiana Council for the Aging and Aged, Inc., and INB Banking Center are sponsoring a campaign to raise money for the home-delivered meal program for the elderly. This campaign includes not only requests for corporate donations, but also small community walks in the four-county service area.

In Floyd County, the community walk will be on Monday, Oct. 22 at 10 a.m. The walk will leave Riverview Towers, go south on Scribner Drive, turn east on Market Street, travel north on Pearl Street, and return west on Spring Street. At the City-County Building, the group will be greeted by city officials.

The entry fee is $3, which is the cost of one home-delivered meal. Entry forms are available at the main office, 134 E. Main St.; at the local congregate nutrition sites at Riverview, Mark Elrod and Parkview towers, and Georgetown Christian Church; or can be obtained the day of the walk.

Nancy Shiner, nutrition director, said, "We all know someone who either is receiving meals or might soon need Meals on Wheels. Our goal is to assure that these meals are available when Estella and others request these meals."

Shiner continued that it was heartwarming to see the community response last year and that the community will respond again because it is a very caring community. Everyone is invited to participate by paying the entry fee and walking or by donating the entry fee to the program.

For further information, contact Nancy Shiner at 945-MEALS.

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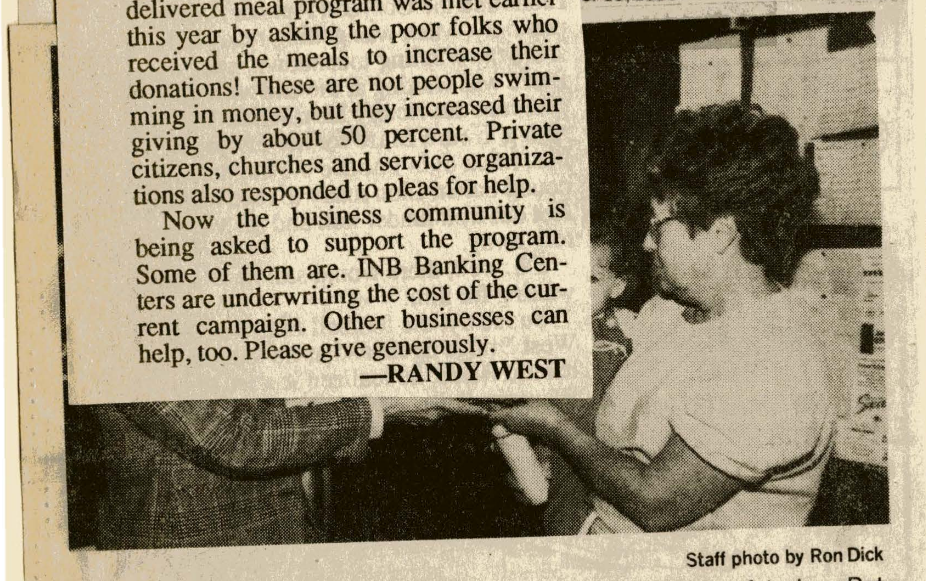
er 19, 1990



Staff photo by Ron Dick

THE ELDERLY OF TOMORROW helping the elderly of today. Pat Jewell, left, executive director of the Council for the Aged and Aging, Inc., accepts a $300 donation for the meals on wheels program from little Tonya Sue Hedge and Mary Hedge. The customers from Bob's Pub in Jeffersonville collected the money for the program.

IT'S HALLOWEEN TIME — A Halloween party was held for senior citizens Tuesday at 317 E. Fifth St., New Albany. In costume are, from left, Martha Cadle, Martha Stepp, Rose Woodside, Girlie DeVore, Martha Speagle, Margaret Gillispie and Bertha Dietrich. (Tribune photo by Beverly Tully)

October 31, 1990

Fuel needed for Meals on Wheels

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"The dollars to meet their needs were simply not available,"

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6 **Lifestyle**

The Tribune,
New Albany, Ind.,
Thursday, November 29, 1990

'Angels' can make holiday a heavenly one for seniors

By ANN ALL
Tribune Lifestyle Editor

Children may go to bed with visions of sugarplums dancing in their heads during the Christmas season, but many senior citizens dream of simpler things -- like shoes, clothing and toilet articles.

To help meet the needs of such area residents, the Salvation Army and the South Central Indiana Council for the Aging and Aged are sponsoring a senior citizen angel tree.

For the past several years, the Salvation Army has sponsored an angel tree to help provide clothing for needy children during the holidays. Last year, the number of people who wished to participate in that program exceeded the number of children to be served, resulting in a surplus of "angels."

So this year, the Salvation Army combined forces with the Council on Aging to co-sponsor a similar program for nursing home patients and the home-bound elderly. The goal is to assure that the seniors will receive an appropriate Christmas remembrance.

Thelma Bertrand, health services director for the Council on Aging and angel tree coordinator, said, "In the past, the response to the children's angel tree has been wonderful beyond belief. We're hoping to see the same kind of response for our new program."

The new angel tree will not lessen the number of children served in the community. "We guarantee that this program will not take away from the children in any way," Bertrand emphasized.

Bertrand said she hoped that many "angels" would opt to brighten the holiday for both a child and a senior citizen, as she herself is doing.

"I certainly don't want to discourage anyone from taking a child's name, but the expense is not great to provide for an elderly person," she said. "I think people could buy a gift for under $20 with ease."

The senior angel tree is specifically designed to serve adults who are at least 60 years old and are living on a limited income. Many of the seniors have no family members to remember them during the holidays.

"A lot of people in the nursing homes have no family," Bertrand said. "They're living on incomes of maybe $30 a month, and they can't even affort things they need like orthopedic shoes."

Seniors seeking "angels" filled out "wish lists" requesting needed items. Bertrand said the seniors were encouraged to list several possible gifts, although "angels" are not required to purchase every item on the list.

The names of nearly 500 seniors now hang on a tree located in the new Wal-Mart store in River Falls Mall. Wal-Mart employees will assist in distributing names and collecting gifts.

Persons wishing to participate in the program should collect a name or names from the angel tree. Only first names are provided to the shopper. The deadline for selecting a name is Dec. 11.

After gifts are purchased and wrapped, they should be returned to the Wal-Mart no later than Dec. 15.

In addition to requests for typical items like pajamas and sweat suits, Bertrand said seniors asked for such unusual objects as a harmonica, a bunch of bananas and a bulletin board.

"Can you imagine someone asking for something as simple as bananas?" Bertrand asked. "Some of these requests, they just touch your heart."

HEAVENLY HELPERS — Working on the angels that will decorate the senior angel tree at Wal-Mart are, clockwise from left: Thelma Bertrand, Cpt. Mark Turner, Ruth Cole, Margaret Baker, Elizabeth Loyd and Marguerite Stamper. The names of needy seniors will hang on the tree until Dec. 11. Deadline for turning in gifts is Dec. 15. (Tribune photo by Brett Halbleib)

The Tribune, New Albany, Ind., Tuesday, October 16, 1990

Walk to raise funds for Meals on Wheels

Estella, a 75-year-old widow who lives in New Albany, has always been an active, self-sufficient caregiver of others.

Now she finds herself severely limited by arthritis. She walks with a quad-cane, is very unsteady on her feet and cannot venture outside her home by herself. She is greatly frustrated by her physical decline which has left her unable to shop for groceries and stand at the stove long enough to cook.

Her pride kept her from asking for assistance until her situation had deteriorated to an unhealthy and unsafe level. When she did ask for Meals on Wheels, Estella was placed on a waiting list.

Unfortunately, Estella's case is not unusual. She and more than 70 others age 60 and older called for meals in February 1990, and were placed on a waiting list for home-delivered meals for 2½ months. The dollars to meet their needs were simply not available.

Funds from the federal Older Americans Act have not kept pace with the steadily growing need for services or the inflationary costs of providing such services.

The South Central Indiana Council for the Aging and Aged, Inc., and INB Banking Center are sponsoring a campaign to raise money for the home-delivered meal program for the elderly. This campaign includes not only requests for corporate donations, but also small community walks in the four-county service area.

In Floyd County, the community walk will be on Monday, Oct. 22 at 10 a.m. The walk will leave Riverview Towers, go south on Scribner Drive, turn east on Market Street, travel north on Pearl Street, and return west on Spring Street. At the City-County Building, the group will be greeted by city officials.

The entry fee is $3, which is the cost of one home-delivered meal. Entry forms are available at the main office, 134 E. Main St.; at the local congregate nutrition sites at Riverview, Mark Elrod and Parkview towers, and Georgetown Christian Church; or can be obtained the day of the walk.

Nancy Shiner, nutrition director, said, "We all know someone who either is receiving meals or might soon need Meals on Wheels. Our goal is to assure that these meals are available when Estella and others request these meals."

Shiner continued that it was heartwarming to see the community response last year and that the community will respond again because it is a very caring community. Everyone is invited to participate by paying the entry fee and walking or by donating the entry fee to the program.

For further information, contact Nancy Shiner at 945-MEALS.

B8 The Evening News, Jeffersonville, Ind., Monday, November 19, 1990

Staff photo by Ron Dick

THE ELDERLY OF TOMORROW helping the elderly of today. Pat Jewell, left, executive director of the Council for the Aged and Aging, Inc., accepts a $300 donation for the meals on wheels program from little Tonya Sue Hedge and Mary Hedge. The customers from Bob's Pub in Jeffersonville collected the money for the program.

St

The Tribune,
New Albany, Ind.,
Thursday, November 1, 1990

IT'S HALLOWEEN TIME — A Halloween party was held for senior citizens Tuesday at 317 E. Fifth St., New Albany. In costume are, from left, Martha Cadle, Martha Stepp, Rose Woodside, Girlie DeVore, Martha Speagle, Margaret Gillispie and Bertha Dietrich. (Tribune photo by Beverly Tully)

THE BANNER-GAZETTE, Wednesday, December 12, 1990 Page 9

Letters to the editor

Letter to the editor:

Recently, our agency called upon the community to assist with one of our programs which is crucial in enabling frail, homebound elderly persons to remain independent and in their own homes. "Meals On Wheels" provides hot lunches at noon for these individuals.

Many recipients are recuperating from hospital stays and receive meals for a short period of time while others have chronic health problems which result in long term placement on the programs. This year, due to lack of funding, we were forced to deny these meals to 75 elderly persons in our service delivery area.

A fundraiser, sponsored by INB Banking Centers, resulted in over $10,000 in donations to "Meals Or. Wheels." We wish to extend our deepest appreciation to all involved. Support was broad based and included individual contributions as well as significant assistance from businesses, churches and civic organizations in the area.

Special thanks is extended to INB Banking Centers for underwriting the costs of the fundraiser, newspapers in our area for publicizing the plight of the program and those who participated in the walk-a-thons. It wouldn't have happened without you!

We are truly fortunate to be a part of such a caring, responsive community.

Patricia Jewell
Executive Director
South Central Indiana
Council for the Aging & Aged, Inc.

Human service providers invited into association

A new organization has been formed in Harrison County to provide a forum for those engaged in human services activities. The Harrison County Human Services Association is open to agencies and professional persons who provide service in Harrison County. Meetings are held the last Friday of each month at the County Office Building, 124 Mulberry St., Corydon.

The association hopes to promote networking and communication among providers, in order to improve service to the public.

For membership information, call Lorraine Waters of the Harrison County Visiting Nurses Association, at 1-941-1890 or 1-800-356-4588.

November 21, 1990, THE CORYDON DEMOCRAT

$10,000 raised for 'Meals On Wheels'

Dec. 5, 1990
New Albany, Ind.

Recently, our agency called upon the community to assist with one of our programs which is crucial in enabling frail, homebound elderly persons to remain independent and in their own homes. "Meals On Wheels" provides hot lunches at noon for these individuals. Many recipients are recuperating from hospital stays and receive meals for a short period of time, while others have chronic health problems which result in long-term placement on the program. This year, due to lack of funding, we were forced to deny these meals to 75 elderly persons in our service delivery area.

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PATRICIA JEWELL
Executive Director, South Central Indiana
Council for the Aging & Aged, Inc.

December 12,1990

B 2 THE COURIER-JOURNAL, THURSDAY, NOVEMBER 29, 1990

INDIANA DIGEST

COMPILED BY ED SCHUELER

A senior citizens angel tree is being co-sponsored by the Salvation Army and the South Central Indiana Council for the Aging and Aged to assure that the home-bound elderly and those in nursing homes in Floyd and Clark counties will be remembered at Christmas.

Shoppers may select angels with the recipient's first name and a code number from the tree in the Wal-Mart at RiverFalls Mall in Clarksville through Dec. 11. Adults 60 and older who lack funds or have no family have requested such items as clothing, shoes, toiletries and candy. Shoppers will get instructions when they take an angel.

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The 12th annual **free Christmas in the Country Bazaar** at Floyds Knobs Community Club on Weber Lane will be from 8 a.m. to 8 p.m. Friday, 8 a.m. to 5 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

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"East of the Sun and West of the Moon" will be presented at 3 p.m. Saturday at the Opera House, Seventh and Brook streets, Mitchell. The play, adapted from the fairy tale of the same name, will be presented by the Indiana University-Purdue University-Indianapolis Youth Theatre. All tickets are $3. For information, call (812) 849-2337.

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The Hobart Beach VFW Post, 1919 Grant Line Road, New Albany, will hold family night tomorrow. Dinners will be available from 5 to 9 p.m., and the Ken Marion Band will play from 8 p.m. to midnight.

The post also will hold a dance Saturday from 9 p.m. to 1 a.m. The Bill Riley Band will play. For information, call Vic Shuman, 945-7735.

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The American Red Cross bloodmobile schedule for tomorrow includes: Blood Donor Center, 1217 Akers Ave., Jeffersonville, 11:30 a.m. to 4:30 p.m.; and Red Cross Center, 409 E. Seventh St., Bloomington, 9:30 a.m. to 4 p.m.

MEETINGS TOMORROW

Take Off Pounds Sensibly. Chapter 1204. Jacobs Chapel United Methodist Church, Charlestown Road, New Albany, 10 a.m.

Alcoholics Anonymous. Acceptance Lunch-Brunch Open Discussion Group, noon; Big Book Open Discussion Group, 7:30 p.m.; and Carriage Open Speaker Group, 8 p.m., all at Floyd County Token Club, 117 E. Main St., New Albany.

Alcoholics Anonymous. Garden View Group, Jeff Token Club, 511 Indiana Ave., Jeffersonville, 8 p.m.; and New Washington Group, New Washington Christian Church, Third and Center streets, 8 p.m.

Adult Children of Alcoholics. Our Lady of Perpetual Help Church, rectory basement, 1752 Scheller Lane, New Albany, 6:30 p.m.

Al-Anon. Jeff Token Club, 511 Indiana Ave., Jeffersonville, 8 p.m. New Washington Group, New Washington Christian Church, Third and Center streets, 8 p.m.

Indiana Digest contains news and announcements from Southern Indiana. Send items to Indiana Digest, The Courier-Journal, 525 W. Broadway, Louisville, Ky. 40202, or call 582-4234.

Readers write

Caring keeps meals rolling

Dear Editor,

Recently, our agency called upon the community to assist with one of our programs which is crucial to enabling frail, homebound elderly persons to remain independent and in their own homes. "Meals on Wheels" provides hot lunches at noon for these individuals.

Many recipients are recuperating from hospital stays and receive meals for a short period of time while others have chronic health problems which result in long-term placement on the program. This year, due to lack of funding, we were forced to deny these meals to 75 elderly persons in our service delivery area.

A fund-raiser, sponsored by the INB Banking Centers, resulted in over $10,000 in donations to "Meals on Wheels." We wish to extend our deepest appreciation to all involved. Support was broad-based and included individual contributions as well as significant assistance from businesses, churches and civic organizations in the area. Special thanks is extended to the INB Banking Centers for underwriting the costs of the fund-raiser, newspapers in our area for publicizing the plight of the program and those who participated in the walk-a-thons. It wouldn't have happened without you.

We are truly fortunate to be a part of such a caring, responsive community.

Patricia Jewell,
Executive Director,
South Central Indiana
Council for the Aging & Aged, Inc.

The Tribune,
New Albany, Ind.,
Tuesday, December 18, 1990

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co-leader.

Staff photo by Ron Dick

THE SALVATION ARMY and Council for the Aged and Aging are co-sponsoring a senior citizens angel tree at the Wal-Mart Store in Clarksville. Pictured from left, first row, are Pam Hilpp and Jane Weber; second row, Mark Turner, director of the Salvation Army, Rick Burroughs, Brenda Brown, Don Roseman, Judy Churchman and Thelma Bertrand, a representative from the Council for the Aged and Aging.

G.O. 12/90

INDIANA WEEKLY, WEDNESDAY, DECEMBER 5, 1990

Angel tree gifts wanted for elderly

An angel tree for senior citizens is being co-sponsored by the Salvation Army and the South Central Indiana Council for the Aging and Aged for the first time this year.

The goal of the program is to remember nursing-home and home-bound elderly in Floyd and Clark counties at Christmas.

The angel tree is in the Wal-Mart store in River Falls Mall on IND 131 in Clarksville.

Donors, who will remain anonymous, will receive gift-buying instructions when they take a name from the tree from now through Dec. 11.

Gifts, including clothing items, toilet articles and candy, will be bought for people 60 and older, who qualify because of financial need or because they are alone.

The Tribune,
New Albany, Ind.,
Wednesday, January 9, 1991

Readers write

Memorable Christmas for shut-ins

Dear Editor,

The Salvation Army and the South Central Indiana Council for the Aging wish to thank Ann All and other staff members of *The Tribune* for the publicity and photos relating to the Senior Citizens Angel Tree.

The nursing homes in Clark and Floyd counties submitted names of their residents who had no immediate family or who had a very limited income. The case managers of the Council on Aging also provided names of the isolated and needy homebound elderly.

Wal-Mart and Austin's Super Foods had Senior Angel trees in their stores. Churches, clubs, organizations and individuals contributed both gifts and cash donations resulting in all 406 frail elderly receiving clothing and other necessary items.

We are especially grateful for the generous donations from the New Albany Lions Club, Jeffersonville Rotary Clubs, auxiliary of the John F. Kennedy Council, Knights of Columbus; Culbertson Ladies Home and American Association of Retired Persons, all of which enabled us to take care of many unfulfilled special requests.

Among the responses already received is an excerpt of a letter from one of the nursing homes, "...thank you so very much for making the residents' Christmas here at Willowbrook Manor a happy one. We appreciate all the love and support you have shown us..."

A case manager reported one of her clients said, "Oh my, the gown is new. I didn't expect a new one!" She was so excited that the case manager had to help her remove the Christmas wrappings.

Our community has reason to be proud of *The Tribune* and all of the others who made it possible for the elderly shut-ins to have a blessed Christmas.

Thelma Bertrand,
Coordinator,
South Central Indiana
Council for the Aging & Aged, Inc.

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The Tribune,
New Albany, Ind.,
Wednesday, January 9, 1991

OPINION

THE TRIBUNE

Established In 1888

Readers write

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Thelma Bertrand,
Coordinator,
South Central Indiana
Council for the Aging & Aged, Inc.

Tribune
2/26/91

KEN ELLIS VALENTINES — Seniors at Ken Ellis Senior Center in Jeffersonville held a Valentine Party and selected their king and queen. The King was George Riddle of Jeffersonville and Queen Ethel Snodgrass from New Albany. (Tribune photo by Don Beck)

Program for senior citizens planned at Ken Ellis Center

A look at the issues older adults face and will face in the years to come will be presented Friday, March 1 at Ken Ellis Senior Center, 211 Martin Circle in Jeffersonville.

Sponsored by the South Central Indiana Council for the Aging and Aged, Inc., in cooperation with the Indiana State Board of Health, "Aging In America," offers a glimpse at the economic, social, legal and financial considerations older adults face.

Mark Laker, M.S., a health education consultant with the ISBH, will conduct the 60-minute program, which will begin at 11 a.m.

Laker, the author of "Nursing Home Activities for the Bedridden and Handicapped," has worked with older adults since 1974. He has taught at the University of Indianapolis and at Indiana University. He has also developed and presented seminars across the country on working with insitutionalized older adults.

"At the present time, persons 65 and over make up 12 percent of the population, but by the year 2030 they will account for approximately 23 percent of the population in the United States. They consume 33 percent of all prescription drugs and spend much more of their income on health care than the rest of the population," noted Laker, who recently edited a book entitled "Alzheimer's Disease: A Family Care Guide, 1989."

Laker's "Aging in America" presentation will touch on the growing numbers of older adults, their economic status, older workers, health costs, social characteristics, legal and financial considerations, public policy, and predictions for the future. The program ends with a multi-media presentation, "Old Age Ain't All the Same," developed by Laker.

"This is a program that will be of interest to everyone, regardless of their age," said Sue Johnson. "We urge everyone to attend." For more information, call 283-7356.

Evening News 2/27/91

Seminars teach nursing home employees to deal with residents

The seminar "Behavioral Management of Difficult Residents" is being presented at Indiana University Southeast in New Albany Wednesday, July 31.

"It's aimed at nursing home employees who really do the caregiving," said Linda Moore, nursing home ombudsman with the South Central Indiana Council for the Aging and Aged (SCICAA).

Two identical sessions will be presented in the Indiana Room: one from 8:30 a.m. to 12:30 p.m., and a second from 1 p.m. to 5 p.m. There is no charge for the seminar, which is sponsored by Jewish Hospital and the SCICAA.

For reservations, call 1-948-8330.

2/24/91

RNAL and THE CHRONICLE, Saturday, February 23, 1991 Page 9

Senior Citizens' Meals on Wheels Still Needs Support

Local support for Meals on Wheels, a program for transporting hot lunches to housebound senior citizens, will still be needed in 1991, according to Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged Inc.

In a recent visit to Scott County, Mrs. Jewell received a $200 donation from Scott County Moose Lodge 2324. The need for such donations was brought to the attention of the lodge by its civic affairs chairman, Scottsburg Mayor Bill Graham.

Graham said he became aware of the program's need for donations of time and money while attending a meeting in Indianapolis.

Drastic cuts in social programs funding on the federal level led SCICAA to put a freeze on the number of senior recipients who could be enrolled in the Meals on Wheels program last year. Thanks primarily to donations in the agency's serving area, that freeze was lifted.

Currently, the Scottsburg Senior House ships out about 20 meals each weekday, and the Jennings Township Senior Citizens Center in Austin has about the same number, Mrs. Jewell related.

According to the program's assessments, the typical senior citizen needing hot lunches is housebound, due either to recent release from the hospital or because of debilitating physical condition.

These homebound seniors are susceptible to malnutrition, at a time when they need nutritious meals the most.

"Often, these people simply don't have the energy to prepare meals. Their appetites may be depressed because of medication, or they are limited physically in taking care of themselves. When we provide them with hot meals once a day, they are getting well-balanced, nutritious lunches that will enable them to regain their physical health and energy levels," Mrs. Jewell said.

The meals hold an additional bonus. Good health means senior citizens can remain in their own homes instead of residing in nursing homes or other institutions, the executive director noted.

"Most want to remain independent as long as they can. Our meals program enables them to do so," she said.

Meals on Wheels is entering its sixteenth year of operation. During that time, SCICAA has delivered thousands of hot meals to area senior citizens.

In Scott County, the program has some volunteers, but more could be used. Volunteers are offered a reimbursement of 23 cents per mile by the agency.

Money to continue funding the program at its present level will also be welcomed, Mrs. Jewell said. All donations provided by county organizations or businesses remain in the county, she added.

Some taxpayers returning from Gulf War eligible for tax service

Corydon Democrat 3/13/91

A plan to provide free tax assistance to some of the military personnel now returning from service in Operation Desert Storm has been announced by Donald C. Felton, Lanesville, associate district coordinator of the Tax-Aid Program of the IRS and the AARP in southcentral Indiana.

The program is currently providing service to low-income, elderly and shut-in taxpayers and will be available to returning servicepeople after April 15.

"It is my understanding that the federal authorities have granted returning service personnel six months after departure from the Persian Gulf to file a 1990 tax return," said Felton. "The majority of states usually follow the lead of federal authorities on such matters and would likely do so in this situation."

Felton emphasized that the service is restricted to low-income individual tax returns, in contrast to business returns such as corporate and partnership returns. Taxpayers who received large incomes will be referred to tax preparers who charge for their services.

Requests for appointments will be handled by the offices of the Council on Aging and the Aged, New Albany, 1-948-8330. The call may be made collect; if so, announce that it is in regard to tax assistance for Persian Gulf personnel to assure acceptance of the call.

A Tax-Aide coordinator will later return the call and arrange a mutually agreed upon location for a meeting with the service taxpayer.

VETERANS VALENTINE — Senior citizens met at the Ken Ellis Center in Jeffersonville to make Valentines for patients at the Veterans Hospital. Above, Lily Lang, left, and Edna Hightower, both of New Albany, helped to make over 300 Valentines.
(Tribune photo by Susan Ehringer)

2/11/91

3/9/91

THE SCOTT COUNTY JOURNAL and THE CHRONICLE,

(-Staff Photo by Marty Randall-)

Scottsburg Mayor Bill Graham, right, acting in his capacity as civics chairman for Scott County Moose Lodge 2324, presents a $200 donation to Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged Inc., as lodge Governor Art Spencer looks on.

The money will be used by the council to fund its Meals on Wheels program for senior citizens in Scott County.

Tribune 5/16/91

TRIBUNE PHOTO BY DON BECK

GOLDEN RULE WINNER - Volunteers were honored at the annual J C Penny Golden Rule Award and United Way's Volunteer Connection Recognition Banquet. Over 50 volunteers and organizations were recognized from the area. Thelma Bertrand, who has volnteered thousands of hours, was a recipient of the Golden Rule Award. Among her activities include legislative chairperson for the South Central Indiana Council for the Aging and Aged. Sandy Johnson, right, presents the award to Mrs. Bertrand.

Nutrition Awareness Day

The 12th annual Nutrition Awareness Day will be held on Wednesday, March 27.

The event is sponsored by the Indiana Department of Human Services, Aging Division and the South Central Indiana Council for the Aging.

Approximately 450 sites statewide will be celebrating this day and an anticipated 23,000 meals will be served. The same menu will be: baked pork chops with apple slices, lemon broccoli, buttered parsley potatoes, oat bran muffin with oleo and a banana.

The Area 14 Agency on Aging serves Clark, Floyd, Scott and Harrison counties.

BANNER-GAZETTE, Wednesday, March 20, 1991

Wednesday, March 13, 1991, THE CORYDON DEMOCRAT,

Seniors invited to capital for special day next week

South Central Indiana Council for the Aging & Aged Inc. will sponsor a one-day trip to Indianapolis next Tuesday from 8 a.m. to 6 p.m.

March 19 is "Senior Citizens Legislature Day at the State Capitol," with older citizens from across the state attending. A special proclamation will be made at 1:30 p.m.

Pickups will be made in Jeffersonville, New Albany and Scottsburg. The bus will stop on the way at Manufacturers Market, an outlet mall in Edinburgh, where seniors can enjoy a few hours of shopping and lunch.

The cost of the trip is $11. For reservations or additional information, call Earlene Bennett, 1-948-8330 or Sue Johnson, 1-283-7356.

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4 THE INDIANA WEEKLY, WEDNESDAY, MAY 22, 1991

Senior Games start May 29

The annual Senior Games of Indiana, sponsored locally by the South Central Indiana Council for the Aging & Aged Inc., will be held at various locations in Southern Indiana and will include a wide variety of activities for people 55 and older.

The event will begin May 29 with games for residents of Southern Indiana nursing homes at Providence Retirement Home in New Albany.

A health fair with free tests and other activities will be held on May 31 at Trinity United Methodist Church, 2796 Charlestown Road, New Albany.

Competition in numerous activities, including walking, swimming, golf, fishing and several games, will be held June 3-6 at various locations.

Closing ceremonies will be held on June 7 at the Grand Convention Center, 138 E. Market St., New Albany, and will include booths, entertainment, lunch, awards and a talk by Dr. Joe Wick, a humorist and minister from Indianapolis.

For more information or to sign up for events, call 948-8330.

Page 6 THE BANNER-GAZETTE, Wednesday, March 13, 1991

Council to Sponsor Trip to Indianapolis

The South Central Indiana Council for the Aging and Aged Inc. will sponsor a one-day trip to Indianapolis on Tuesday, March 19, from 8 a.m. till 6 p.m.

The purpose of the trip is to enable local senior citizens to participate in "Senior Citizens Legislature Day at the State Capital" during which a special proclamation will be made at 1:30 p.m. Seniors will be attending from across the state. Local legislators and representatives will also be in attendance.

A charter bus will leave the Ken Ellis Senior Center, located at 211 Martin Circle in Jeffersonville, at 8 a.m. and proceed to 317 5th St. in New Albany for a second pick-up. A third pick-up will be made in Scottsburg.

The bus will stop on the way to Indianapolis at the Manufacturers Market in Edinburgh where seniors can enjoy a few hours of shopping and lunch.

The cost for the trip is $11 per person. For reservations or additional information, please contact Earlene Bennett at 948-8330, Sue Johnson at 283-7356, or Carol Kimberlin in Scottsburg at 752-4134.

THE BANNER-GAZETTE, Wednesday, May 22, 1991

Volunteers Honored at Golden Rule Awards Luncheon

Four individuals and one group were honored with Golden Rule Awards for volunteerism by JCPenney and the Metro United Way's Volunteer Connection at the annual Golden Rule Award Luncheon held yesterday at the Brown Hotel Crystal Ballroom.

The award winners each received an engraved bronze sculpture of the Golden Rule Award and a $1,000 contribution from JCPenney to a volunteer organization of their choice.

The four Golden Rule Award winners and their related organizations were: Thelma Bertrand, South Central Indiana Council for the Aging and Aged Inc. and the Salvation Army; Michael Kretman, Community Health Trust of Kentucky; Alice Lucille Martin, Retired Senior Volunteer Program; and Carole Lindsey Smith, Arthritis Foundation. The Golden Rule Award group winner was Friends of the Visiting Nurse Association.

Fifty-one volunteers/groups were nominated locally. A panel of eight representatives from the business and non-profit communities, headed by Welby Edwards, owner of State Farm Insurance selected the winners.

Seniors invited to a prom next month

Tickets are now on sale for the third annual Senior Prom, to be held June 17 at St. Augustine's Parish Hall in Jeffersonville. The cost is $3.50 per person, which includes light refreshments.

The dance is for those ages 55 and over. Music from the big band era will be provided. During intermission the presentation of the Area 14 (Clark, Floyd, Harrison and Scott counties) 1991 Older Hoosier of the Year and Older Woman of the Year will be made, recognizing two individuals for lifetime volunteer efforts within their communities. Both will be honored at the state level in the near future.

Tickets are available at the Council for the Aging office, New Albany, Jeffersonville Dept. of Parks and Recreation, and Ken Ellis Senior Center, Jeffersonville. Proceeds will benefit the Ken Ellis center. For more information contact Earlene Bennett, 948-8330.

May 8, 1991, THE CORYDON DEMOCRAT,

Wednesday, May 1, 1991,

THE CORYDON DEMOCRAT,

Tax aide volunteers celebrated for their counseling work

The volunteer tax counselors who operated six assistance sites in south-central Indiana were honored April 27 at an appreciation luncheon at the Greentree Mall Library.

Don Felton of Lanesville, an associate district coordinator of Indiana, was among those who received a certificate from Carole Stevenson of the Indianapolis office.

The tax-aide program is regularly conducted during the tax season, to assist taxpayers who receive low income and the elderly, and shut-ins may receive the service at their homes upon request.

The Corydon office this year was staffed by volunteers from out of the county. Felton said there is a need for volunteers, who are trained early in January for the counseling, which continues into early April. Some services have to be curtailed when there are not enough volunteers, said Felton. Anyone interested in this work should call the Council on Aging at 948-8330.

Felton presented a statistical analysis of utilization of the service, which indicated that it has grown over the past three seasons by more than 15 percent per year.

This year the group's mission was enlarged to include Desert Storm personnel returning from the combat zone of the Persian Gulf. The president has authorized an extension of up to 180 days (six months) from the date service personnel left the combat zone for filing 1990 tax returns.

Qualified personnel who need tax counseling should call 948-8330 for more information.

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(- Staff Photo by Marcus Amos -)

Gary Hall and Albert Holland of Parvin D. Hall Construction of Scottsburg were placing a new roof on the Scottsburg Senior House on Tuesday, April 2.

Construction will begin sometime next week on the porch floor of the senior house. The project is sponsored by the Scottsburg Kiwanis Club.

OTT COUNTY JOURNAL and THE CHRONICLE, Saturday, April 13, 1991

THE BANNER-GAZETTE, Wednesday, May 8, 1991

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During intermission the presentation of the Area 14 (Clark, Floyd, Harrison and Scott counties) 1991 Older Hoosier of the Year and the Older Woman of the Year will be made. These two local individuals are chosen for lifetime volunteer efforts within their communities. Both will be honored at the state level in the near future.

For more information please contact Earlene Bennett at 948-8330.

THE BANNER-GAZETTE, Wednesday, May 22, 1991 Page 3

everyone's faces made us know this was exactly the right activity," Ms. Trasher said. "This has been one of my very, very best experiences at school."

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Nominees must be residents of Clark, Floyd, Harrison or Scott counties (Area 14).

The Older Hoosier of the Year is an award bestowed on a senior by the Indiana Department of Human Services in conjunction with the Governor's Voluntary Action Program. The award recognizes an outstanding male or female senior for volunteer service to his or her community. Candidates must be 65 year of age or older to be nominated. The local representative will be honored at the 1991 Governor's Conference on Aging, along with 15 other deserving individuals from across the state, in October.

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Both local award winners will participate in agency functions such as the Senior Games of Indiana, state fair trip and participation in the Harvest Homecoming and Steamboat Days parades.

For more information, or to obtain a nomination form, please contact Earlene Bennett at 948-8330.

A4 The Evening News, Jeffersonville, Ind., Thursday, April 18, 1991

OPINION:

Letters to the editor

Dear Editor:

I would like to tell the people of Southern Indiana the experience I had with a local car dealer.

I was interested in a new car, namely the Geo Metro. Saturday night I test drove the car from Park Chevrolet and absolutely loved it. The car salesman and I sat to discuss prices, incentives, and financing. He worked a deal that included a first time buyer's discount, and a factory rebate. The salesman located a car with an air conditioner. I didn't want the A/C but we reached an agreement where I would pay half the cost of the A/C. In addition, the salesman told me if I bought the car at the '91 New Car Show I could receive 9.9 percent financing. I agreed to buy the car the next day when my wife was present.

My wife and I attended the '91 New Car Show with $500 for a down payment. We sat to sign the papers and close the deal. Then, one by one, the previously mentioned deals and rebates disappeared, followed by a "I'm sorry, I was wrong" and a "How much do you want to pay?" Needless to say, we didn't buy the car.

So, to make a long, aggravating story short, if you're wanting to buy a new car and don't want to deal with misleading salesmen, don't go to Park Chevrolet in Jeffersonville.

Sincerely,
P.J. Steele

Dear Editor:

Why are there some people that tell us that we need to keep abortion safe and legal?

Why does Planned Parenthood say that abortions are not dangerous and then have you sign a liability release form?

Recently the Centers for Disease Control conducted a study of maternal deaths and discovered that abortion is now the sixth most common cause of death. The results of the study released in May, 1985 issue of Obstetrics and Gynecology admitted that those abortion-related deaths may be unreported by as much as 50 percent.

The family of a 13-year-old girl who died after a 1985 abortion was awarded a $1.2 million wrongful death payment. Dawn Ravenell was 21 weeks pregnant at the time of the abortion, which was performed at the Eastern Women's Center in Manhattan. During the abortion, she came out of general anesthesia, began vomitting and choking, then suffered a massive heart attack. Her parents had not been notified of the abortion and did not even know she was pregnant until they were informed that she was in a coma.

In what is believed to be the largest judgement of its type in American history, a Green County jury in Missouri has awarded $25.3 million to the parents of Stacey Ruckman. Stacey died in February, 1988 from an overdose of anesthesia given to her during an abortion at the Central Health Center for Women in Springfield, Missouri. A judge ruled in November, 1990 that Dr. Scott Barrett was responsible for the death. The judge then ordered the jury to set the amount of damages Larry and Judy Ruckman would receive. The jury set punitive damages at $25 million and compensary damages at $300,000.

Safe legal abortions?
Frank Webster

Dear Editor:

I would like to make a few comments on Joe Trotter's recent editorial concerning the size and number of political campaign signs in Jeffersonville.

I, too, am worried about the appearance of Jeffersonville. But maybe we should focus our attention to the run down and empty businesses along 10th Street or the smell that greets our visitors as they enter our city.

As for the city ordinance he suggested, I really don't want the city officials telling me how many campaign signs I can or can't have on my property. If they can ban signs today, it could be bumper stickers or going from door to door tomorrow. Soon only people who can afford expensive media advertising will be able to run in local elections.

Media advertising is expensive. The money to cover the high cost of professional ad designs and space in local papers or on television has to come from somewhere. Personally, I don't want elected officials who owe favors to large contributors. I'm all for the power of the press, but just look at how media advertising affects state and national elections. No facts — only mass marketing. Also, not everyone in Jeffersonville reads the papers.

I applaud his environmental efforts and I would like to make a suggestion. Any candidate who wants to recycle his or her large wooden signs, please call me. My children have been wanting a tree house and we would put the lumber to good use.

Lastly, I am proud that there is an active interest in area politics. Elections are very important tin this country and campaign signs are a part of elections. I assure you that the voters of Jeffersonvile are smart enough to cast their votes based on the important issues in each race, not the size of someone's signs.

In the future I hope Mr. Trotter, who is a fine journalist and an asset your paper, uses his talents to gather accurate facts and to report those facts in your paper. Let's leave petty things such as measuring and counting signs to the people who want to avoid the issues — the politicians. Don't use The Evening News to make signs an issue in this year's election. Give the public the facts and they will make the right decisions.

Thank you for allowing space in your paper where we, the public, can voice our concerns and opinions.

Sincerely,
Evon Homeister

1991 Governor's Conference on Aging in October, along with 15 other deserving individuals from across the state.

The Older Woman of the Year award is open to women ages 60 and older. Selection is based on life achievements, volunteer work and civic contributions. The local winner will attend a recognition ceremony at the Indiana State Fair Aug. 16, where she will be honored

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OPINION:

Letter to the editor

Dear Editor:

I am writing this letter to express my absolute disgust with the treatment of the elderly in our community. I am referring specifically to an elderly neighbor with no immediate relatives.

My family and I have, for the last four years, cared for our neighbor, making certain she has food and that her basic needs are met. She was doing fine until some of her bodily functions began to fail along with some of her mental facilities. At this time, I was introduced to the Southern Indiana Council for the Aging, only because our neighbor's electricity was turned off. It was at this time that we realized she may need more care.

In November, 1990, as the situation became worse, I tried again to get in touch with the Southern Indiana Council for the Aging, in an attempt to get a Visiting Nurse to check in on our neighbor, but I was quickly informed that no Visiting Nurse could be called in from the Southern Indiana Visiting Nurse Association unless ordered by a doctor. I did not contact the Southern Indiana Visiting Nurse Association myself, assuming incorrectly that the Council for the Aging would know a fact such as this. I then called the Kentucky Visiting Nurse Association myself and within four days had a nurse's aide twice a week for four hours each day. The aide is a saint in every sense of the word. She has helped immensely. I will be forever grateful to her and the Kentucky Visiting Nurse Association.

Things with my neighbor have regressed sharply, she needs care, she needs a guardian and she wants to stay at home. The Southern Indiana Council for Aging has been unresponsive, their main purpose (and I quote) "is to have people's utilities turned back on if they are turned off." The Adult Protection Agency are so busy that they can't seem to get to this case. The Health Dept. was notified of the situation by an anonymous source, but they felt that the living conditions were within safe range, according to the Council for the Aging. The Meals on Wheels volunteers would dispute that I am certain. I have even received a call from a concerned citizen, who offered her assistance and expressed her disgust. Shortly after speaking with her I was contacted by the Council for the Aging, who had been contacted by the mayor's office, because of this concerned citizen. At that time, they (Council for Aging) were going to contact one of our neighbor's two distant relatives and seek guardianship from one of them. I spoke with one of them this week, they had not been contacted. We seem to be caught up in a cycle of contacting one agency and passing the buck to the next, without follow-up or action.

I, personally, feel that it is the responsibility of this community to recognize the plight of the elderly and allocate resources in that direction. This person is financially able to care for herself, I shudder to think what would happen if she were not.

A serious lesson has been learned. I'd like to see funding to the Council for the Aging cut completely, the volunteers delivering meals show more concern.

It is pathetic, that in our society, an animal would not be allowed to live the way that my neighbor, a proud and independent woman who spent nearly 100 years in this community, has been allowed to live.

Sincerely,
Patricia S. Boome

THE INDIANA WEEKLY, WEDNESDAY, JUNE 12, 1991w

Seniors' events

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THE BANNER-GAZETTE, Wednesday, May 22, 1991 Page 3

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For more information, or to obtain a nomination form, please contact Earlene Bennett at 948-8330.

A4 The Evening News. Jeffersonville. Ind. Thursday. April 18. 1991

OPINION:

Letters to the editor

Dear Editor:

A letter from Patricia Boome concerning treatment of the elderly in our community appeared in the April 11, 1991 edition of The Evening News. We are writing this letter to address her concerns and express our own frustration with the system's inability to adequately respond in a timely manner to at-risk elderly citizens in the area. Due to confidentiality, we are not at liberty to reveal any information about the particular case in question, however, we would like to explain how our agency's Case Management Program for the Elderly functions and where its jurisdiction ends.

The program is designed to assess the needs of impaired elderly, determine community and in-home services appropriate for an individual, link that person to services and monitor the status of the client on an on-going basis. The client is involved as much as possible in the decision-making process and the care plan is developed in the least restrictive manner possible to accomplish objectives. Informal sources such as relatives and friends are involved whenever possible.

If a client reaches the stage where he or she becomes an "endangered adult," a referral is made to Indiana's Adult Protective Services program. This program was created in 1985 by the Indiana General Assembly to provide a legal avenue to take care of the growing number of at-risk adults in the state. Endangered is defined as incapable of managing property or caring for oneself or being harrassed or threatened with harm. The Adult Protective Service investigators have the authority to pursue more restrictive avenues such as guardanships and nursing home placement when necessary and appropriate.

There are only 20 Adult Protective Service investigators for the entire state of Indiana. They receive referrals not only from area agency case managers, but from hospitals, home health agencies, physicians, concerned citizens and a host of other sources. Needless to say, response time in many cases is lengthy unless the at-risk person is in immediate danger of death. We are continually being told the case load of the APS investigator who covers Clark County is overwhelming.

We have worked, and continue to work, with many older persons who are at-risk and the example in Patricia Boome's letter is not an isolated case by any means. As the 80+ population continues to grow, more cases of at-risk elderly are surfacing. Self neglect, due to health or mental problems, is the most frequent referral made to APS. Until the program is adequately funded to provide much needed additional investigators, we will continue to see lengthy delays in solving the problems of this vulnerable group of older persons. The general public will also see, what appears to be "passing the buck," continue.

Patricia Boome is to be commended for her personal interest and involvement with the older neighbor about whom she writes. She is one of many concerned, caring citizens of our community who assist these individuals who have no immediate relatives.

As the designated Area Agency on Aging for Clark, Floyd, Harrison and Scott counties, we have spent the last 17 years planning, coordinating, developing and delivering a comprehensive network of services to meet the needs of the elderly in the community and have assisted thousands of older persons. Our staff and volunteers consist of capable, caring and compassionate people who go above and beyond the call of duty to assist older persons in need. We understand and appreciate Patricia Boome's concern.

Sincerely,
Patricia Jewell
Executive Director
South Central Indiana
Council for the Aging
and Aged, Inc.
Michael R. Hetzel
President
Board of Directors

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Sincerely,
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Page 4 – Wednesday, May 22, 1991, THE CORYDON DEMOCRAT, Corydon, Ind.

Nominations for older Hoosier awards due

The deadline for nominations for the 1991 Older Hoosier of the Year and Older Woman of the Year for South Central Indiana Council for the Aging and Aged Inc., is June 10. Nominees must be residents of Clark, Floyd, Harrison and Scott counties (Area 14).

The Older Hoosier of the Year is a prestigious award bestowed on a senior by the Indiana Dept. of Human Services, in conjunction with the Governor's Voluntary Action Program. The award recognizes an outstanding male or female senior for volunteer service to his or her community. Candidates must be 65 or older to be nominated. The local representative will be honored at the 1991 Governor's Conference on Aging in October, along with 15 other deserving individuals from across the state.

The Older Woman of the Year award is open to women ages 60 and older. Selection is based on life achievements, volunteer work and civic contributions. The local winner will attend a recognition ceremony at the Indiana State Fair Aug. 16, where she will be honored with other statewide representatives.

Both winners will participate in agency functions — Senior Games of Indiana, State Fair Trip, etc. — as well as the Harvest Homecoming and Steamboat Days parade. For more information, or a nomination form, call Earlene Bennett at 948-8330.

THE INDIANA WEEKLY, WEDNESDAY, JUNE 12, 1991w

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THE INDIANA WEEKLY, WEDNESDAY, MAY 29, 1991w

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Nominations sought for awards

Nominations for the 1991 Older Hoosier of the Year and the Older Woman of the Year for South Central Indiana Council for the Aging & Aged Inc. will be accepted through June 10. Nominees must be residents of Area 14, which includes Clark, Floyd, Harrison and Scott counties

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For more information or to request a nomination form, call Earlene Bennett at 948-8330.

The Tribune's Silver Lining, Sunday, July 28, 1991 Page 2C

Home pollution poses hazards

By CHERYL FISCUS
Tribune Staff Writer

Home air pollution can be the stem of health problems for seniors. Controlling environmental factors may curtail sickness.

According to the American Lung Association of Southeastern Indiana, senior citizens are susceptible to disease from home pollutants after staying in the area for extended periods of time. Kimberlee Thedenss, branch director of the American Cancer Association, said it's a necessity to keep houses and apartments clean.

"They don't get out as much as others," she said. "They need to be quite adamant about keeping it clean."

Statistics show home pollution gives no warning signal and produces vague symptoms that are difficult to pin down. They can also produce symptoms years later.

Major air pollutants and health effects to be aware of are listed.

Nitrogen dioxide, emitted from gas appliances, may cause eye and respiratory tract problems and lower resistance to respiratory infection.

paneling and upholstery. It can also cause headaches, eye irritation and nausea.

Asbestos is a fire preventive material found in roofing, flooring materials and walls. The fibers are small enough to be inhaled through lungs. In time, it can scar the lung tissue and cause several kinds of lung cancer.

Microbes and fungi can be carried indoors by people and expand in poorly ventilated buildings and improperly maintained air ducts, air conditioners and humidifiers. Lung Association authorities say many diseases may result from fungi.

Radon is another home air pollutant that is receiving considerable research from the Lung Association and Environmental Protection Agency, Thedens said. Radon is a radioactive gas given off by soil and rock with amounts of uranium and radium. Concentrations in the home range from outdoor levels to twice as much.

Thedens said the substance seeps through cracks into the house and may cause lung cancer. Studies estimate 9,000 cases of cancer may be linked to in-home radon exposure.

house breakdowns the gas and sealing cracks will help prevent it.

"The more sealed the house is, the more difficult it (the radon) is to get into the house," she said.

Still, home chemical products and secondhand smoke (i.e. living with a smoker) are also common pollutants. With near-400,000 secondhand smoke related deaths yearly, it's a problem that seniors should consider.

The American Lung Association lists prevention for in-home pollutant problems. These are a few suggestions.

Make sure gas ranges are fitted with a hood fan that vents pollutants outside.

Don't use a gas oven to heat the home.

Check with state or local EPA officials to determine radon levels in the home.

Reduce cigarette smoke by using an air cleaner, opening windows or using an exhaust fan.

Cover asbestos in plastic or duct tape to provide an airtight seal.

Clean air conditioners, air ducts, humidifiers, heat exchangers and microwave ovens regularly.

Read print on all household containers, and provide adequate ventilation when

TRIBUNE PHOTO BY KATHY DOUGHEI

OLDER WOMAN OF THE YEAR — Margaret Burgess, left, New Albany, accepts the Older Woman of the Year for Ar 14 by Pat Jewell, director of the South Central Council for t Aging and Aged Inc. The award is based upon life achiev ments, volunteer work and civic contributions. Burgess del ers meals to the homebound, assists with crafts and activit at the Ken Ellis Center, transports seniors there and i: member of numerous local organizations.

COURIER-JOURNAL, TUESDAY, JUNE 18, 1991

STAFF PHOTO BY MIKE VENSO

DANCING THE NIGHT AWAY: Rosalie Russ, left, and Ruth Kirkman, both of Jeffersonville, danced at the annual senior prom sponsored by the South Central Indiana Council for the Aging & Aged Inc. last night at St. Augustine Parish Hall in Jeffersonville. Several women wound up dancing together because they outnumbered the men.

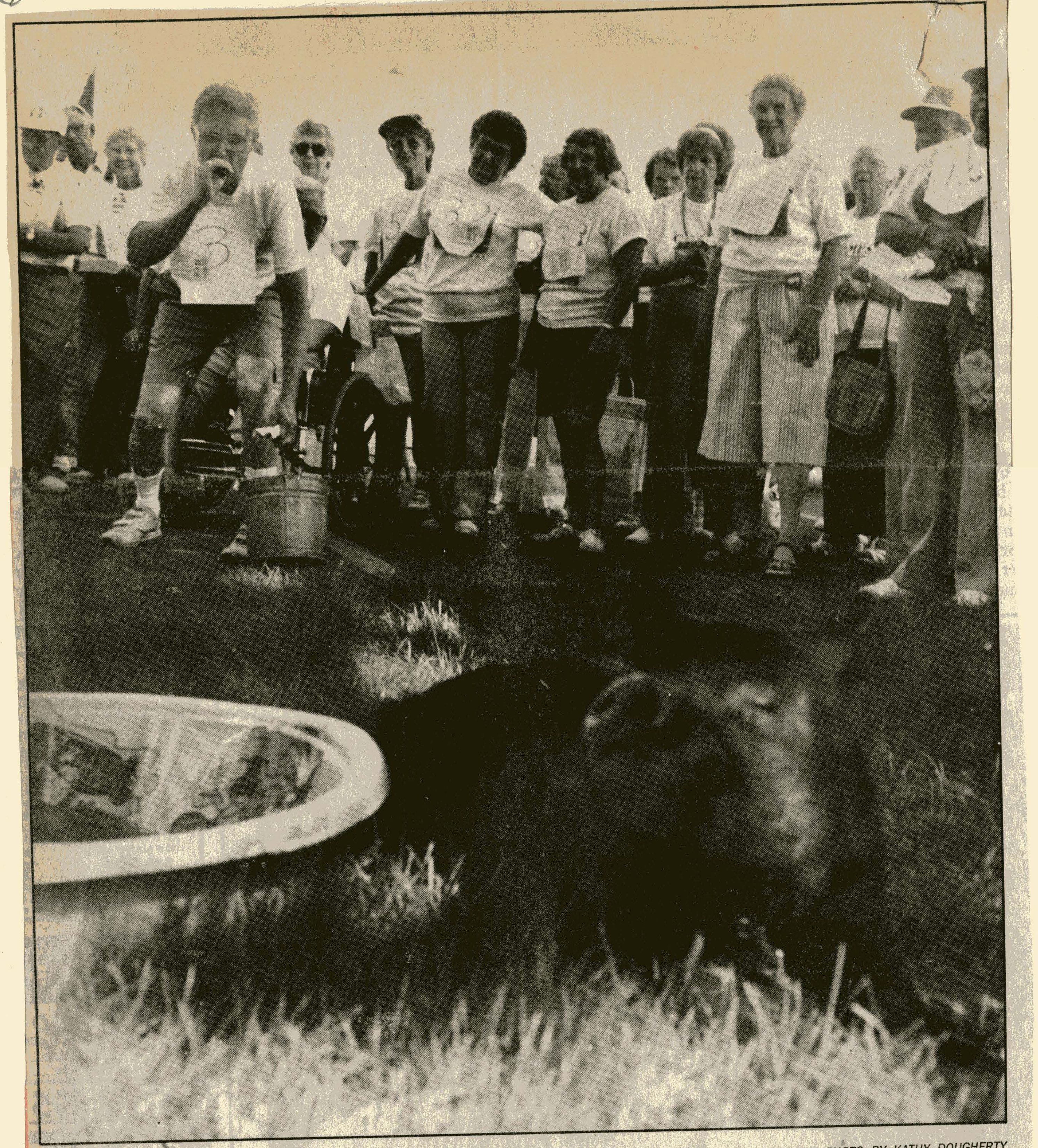
The Tribune, New Albany, Ind., Wed., June 12, 1991

Senior Prom
Bob Gilewski

TRIBUNE PHOTO BY DON BECK

PLANNING SENIOR PROM — Seniors at the Ken Ellis Center in Jeffersonville are busy making plans for the Senior Prom to be held Monday evening at the St. Augustine Parish Hall in Jeffersonville from 7-9. Getting table decorations ready are, from left, Blanche Wells, Rita Dearing, Dorothy Forte, Goldie Schamel and Dorothy Bullington.

960



TRIBUNE PHOTO BY KATHY DOUGHERTY

I'M NOT LISTENING — Bubba, an American miniature pig, expresses a lack of interest in listening to Floyd Kallenbach call out to him in the hog calling contest Friday for the Senior Games. Kallenbach was chosen winner for the men and Frances Lee took top honors for the women callers. The Senior Games, for people 55 and over, run through Friday.

The Tribune, New Albany, Ind., Monday, June 3, 1991

THE COURIER-JOURNAL, TUESDAY, JUNE 18, 1991

STAFF PHOTO BY MIKE VENSO

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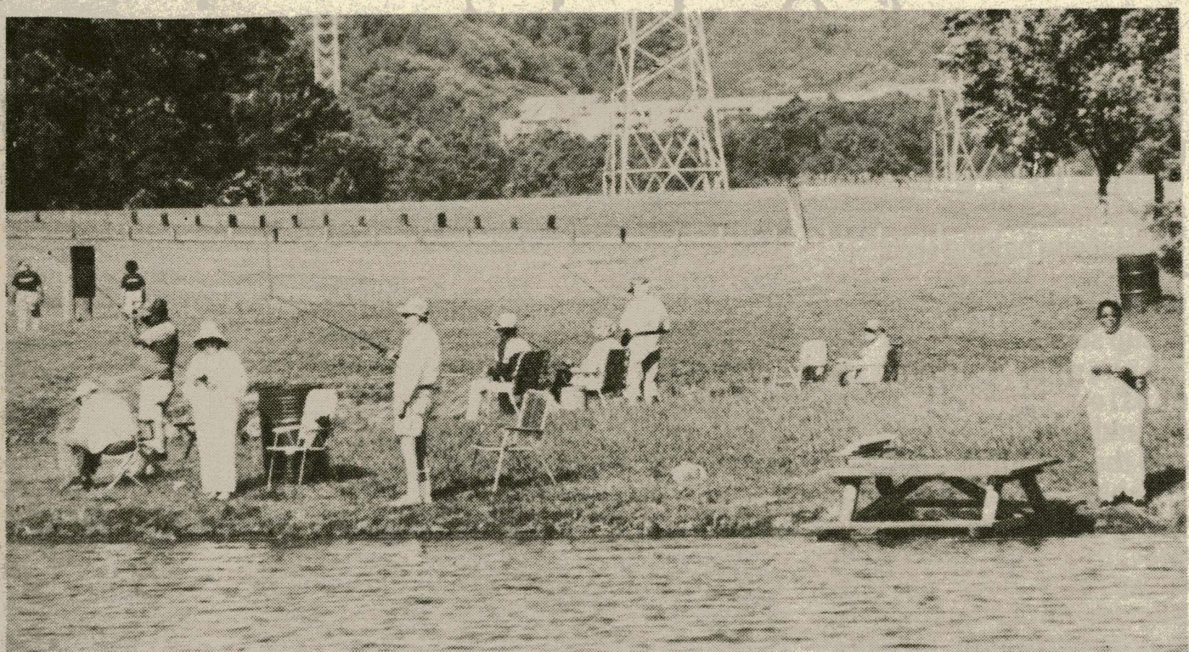
8 Golden Opportunities, Jeffersonville, Ind., Volume I, Publication XXIII, Tuesday, June 18, 1991.



ABOUT 50 SENIOR CITIZENS took part in a fishing tournament at the lake in New Albany Community Park as part of the annual Senior Games, a week-long series of friendly competitions in events from swimming and running to checkers and Frisbee golf.

CLAIMING TITLE to the 'youngest' Fishing Derby competitor was 102-year-old Frances Patzman who resides on Navilleton Road, Floyd Knobs.

TRIBUNE PHOTO BY CHARLES CONRAD

SENIOR PROM — Rosalie Russ and Aaron Cochran glide to the music of the Bob Gilewski Orchestra at the Senior Prom, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. The prom was held last night at St. Augustine Parish Hall in Jeffersonville.

The Tribune, Tuesday, June 18, 1991

Page 4 The Tribune, New Albany, Ind., June 24, 1991

OPINION

THE TRIBUNE

Established in 1888

Long, hot summer can be deadly

Last Friday's marking of the first day of summer meant little to Ohio Valley residents who are already sweating their way into what may be destined as the hottest, most uncomfortable midyear since those scorching days of 1988.

An alarming sidebar to the unseasonably warm weather is last week's announcement that a coalition of New Albany organizations had already lent its inventory of air conditioners and fans. The appliances are handed out annually by the Allied Seasonal Assistance Program (ASAP) to sick and elderly residents who are low-incomed.

In many cases, the appliances are earmarked for people who, quite literally, cannot survive without them. Often, the resident has been hospitalized and will not be released to return home unless the premises have some artificial cooling.

Depletion of the appliances has been laid to the unseasonably hot and humid weather that has been with us since mid-May. But ASAP spokesmen said the popularity to the program has grown in that many medical referrals are now made to ASAP.

Obviously, ASAP is a functioning, needed program that has doubtlessly prevented heat-related fatalities here. The coalition is now appealing for cash donations that will allow it to buy more appliances for the emergencies it fully expects to occur over the remaining summer months.

We think ASAP is a worthy recommendation for the attention of average persons who grumble about the heat between their air conditioned cars, offices and homes. There are many sick, elderly and poor residents that have no current recourse to the stifling temperatures.

ASAP spokesmen say they like to keep one or two reserve units for emergencies, but they are facing a long, hot summer with empty hands. It would be appropriate for individuals, organizations or businesses to help them.

Participating ASAP agencies, the Family Bureau, Red Cross or South Central Council for the Aging and Aged would be glad to hear from anyone who might offer some assistance at meeting the need.

July 24, 1991, THE CORYDON DEMOCRAT, Corydon, Ind.

State agencies prepare for an aging society

The Indiana Dept. of Human Services is in the process of developing a State Eldercare Coalition which will develop new and innovative methods to meet the increasing and changing needs of the state's aging population. It is part of a national effort initiated by the Administration on Aging in Washington, D.C. to prepare for an aging society.

The rapidly growing numbers of those 85 years old and over are placing demands on the current service delivery system which are becoming increasingly difficult to meet. The State Eldercare Coalition will include membership from the public and private sectors such as units of government, religious organizations, institutions of higher learning and labor organizations.

The process will also include the formation of local coalitions entitled Project Care Coalitions, which will identify needs of older persons in the community and create innovative approaches to meet the needs. Area Agencies on Aging across the state are working in the planning and service areas to develop these Project Care Coalitions whose memberships will be similar to the state organizations.

To foster the formation of local coalitions, the Indiana Dept. of Human Services will select three areas, based upon proposals from interested organizations and groups, to receive funding to establish and maintain the selected coalition for one year. Second and third year funding will be contingent on the efforts and success of the groups.

Locally, South Central Indiana Council for the Aging & Aged Inc. is the designated area agency on aging for Floyd, Clark, Harrison and Scott counties. The agency is attempting to locate organizations and groups interested in forming a Project Care Coalition in one of the cities or towns in its planning area. The agency will be represented on the coalition and provide staff support; however, it is preferred that an entity not focusing on the elderly serve as the lead agency for the coalition. This structure should promote new and innovative ideas to nurture the development of community leadership to respond to the problems of at-risk elderly.

For information about the Project Care Coalition effort, call Pat Jewell or Earlene Bennett at South Central Council for the Aging & Aged Inc., 134 East Main St., New Albany, IN 47150, or call 1-948-8330.

(- Staff Photo by Marcus Amos -)

The South Central Indiana Council for the Aging and Aged, Inc. recently presented a plaque to the Scottsburg Kiwanis Club for repairing the porch and porch roof at the Scottsburg Senior House this past spring.

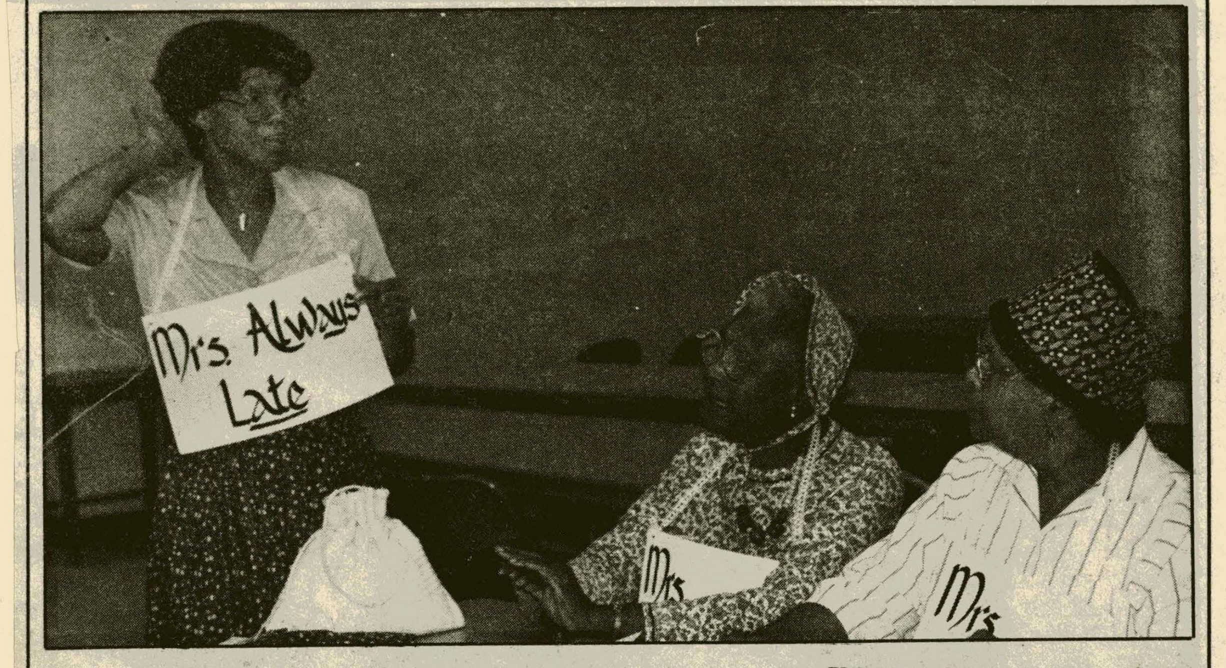
The Kiwanis provided the labor and paid for the material to improve the structure.

Pictured above, from left in the front row, are Kenneth Alsup, community service chairman for the Kiwanis; Parvin Hall, contractor; and Michael Whooley, nutrition director for the council.

In the back row are Dwight Chamberlain, committee member; Harry Starnes, president of the Kiwanis; Blake Burns, board member for the council; and James Cowles, director for the Kiwanis.

Saturday, July 27, 1991 THE SCOTT COUNTY JOURNAL

Page 7C The Tribune's Silver Lining, Sunday, August 25, 1991



TRIBUNE PHOTO BY KATHY DOUGHERTY

POOR MEETING — Mrs. Always Late, played by Dorothy Forte, conducts a mock senior citizens meeting while Mrs. Visionless, played by Francess Lee, and Mrs. Slothful, played by Blanche Wells, complains about her. The skit, "How Not to Conduct a Senior Citizens Meeting," was performed during the Indiana State Fair.

Page 4 The Tribune, New Albany, Ind., July 10, 1991

OPINION

THE TRIBUNE

Established in 1888

Readers write

Senior Games appreciative

Dear Editor,

We were so pleased with the Senior Games publicity in your very special "Silver Linings" publication. The articles unquestionably increased the participation in the various events.

We especially appreciated the photo of "Bubba," articles written by Kathy Dougherty, the schedule of events in the May issue and the follow-up by Kathy and Cheryl Fiscus in the June publication.

It is gratifying to know the Tribune and the community are so supportive of the opportunities offered to the older adults.

Thank you.

Thelma Bertrand,
Senior Games Coordinator,
South Central Indiana
Council for the Aging and Aged, Inc.

79¢
DON'T DRINK & DRIVE
Prices Good Through Tuesday
7/16/91 At Taylor Drug Stores
Colonial Manor, New Albany Plaza

Tribune, Thursday, August 8, 1991

Abuse worker back on the job

By CHERYL FISCUS
Tribune Staff Writer

After six weeks with no Adult Protective Service (APS) investigator, Susan Beem of Scott County is back to work in New Albany.

Beem, who has been an APS investigator for about six years, was unsure where she would be working after her contract was terminated June 30. Under a former contract, Beem covered Floyd, Jefferson, Clark, Switzerland and Scott counties as an abuse, neglect, battery and exploitation investigator.

Her caseload was backed up from covering the five-county region, she said. Although Beem hasn't sorted through her current workload, a delay in the renewal of her contract could have expanded her case studies even more.

The delay in forming a new contract stemmed from a district realignment of APS to include Floyd, Clark, Scott and Harrison counties. Beem's annual contract was picked up recently by Clark County Prosecutor Steve Stewart.

Stewart contends there was a need for an APS investigator in

Tribune, August 11,1991

Nursing home workers handle problem patients

By CHERYL FISCUS
Tribune Staff Writer

Nursing home employees are reaching for help to control patient behavior problems. To some authorities, the situation is a growing cycle.

Over 200 nursing home employees attended a workshop last Wednesday to learn techniques in controlling patients with uncommon behavior problems. The attendance at the seminar, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. and Jewish Hospital, is proof positive there is a need for additional training.

"It (problem patients) is a big problem," said Linda Moore, nursing home ombudsman. "In some nursing homes, residents haven't had a bath for a year."

Patient problems stem from a lack of adjustment during the initial stages of being in the home, Moore said. Residents allegedly throw objects, hit other residents and may refuse to take medicines, leave their room and take a bath.

With over 60 percent of the patients classified as depressed, Moore contends behavior problems are growing annually.

Terri Graham, director of primary and senior care at Jewish Hospital, said many nursing homes are frustrated with the behavior problems.

"This is part of their job, and it becomes very frustrating," Graham said. "Nursing homes don't know what to do about these problems."

Heritage House of Salem activity director Barbara Fromelius said the home has trouble with residents wandering inside and outside the facility. She said patients can be cross and combative when trying to help them.

The seminar suggested that employees not force patients to participate in activities, relax on the job and address common problems through care plans.

Still, the behavior problems extend past a lack of training, according to Moore. Through the Omnibus Budget Reconciliation Act of 1987, OBRA, patients have the right to make decisions about their personal hygiene habits and medical choices.

Although the act was established to give patients an upbeat life, Moore said it can cause loopholes in rules. In some situations, nursing home assistants don't know whether to deny freedom or neglect good health care.

"The reason for the law is that residents used to go to a nursing home to die. Now they go to live for the rest of their lives," she said. "Under the law, the residents have the right to refuse a doctors' care. There's a fine line there."

With that in mind, Moore said some nursing homes "dump" patients in mental health centers or hospitals to get care if they are not responding to services.

"The problem just keeps growing and growing because people don't know how to handle these problem patients," Moore said. "It's a continuous cycle."

National Eldercare Campaign Launched

The Indiana Department of Human Services is in the process of developing a State Eldercare Coalition which will develop new and innovative methods to meet the increasing and changing needs of the state's aging population. It is part of a national effort initiated by the Administration On Aging in Washington, D.C. to prepare for an aging society.

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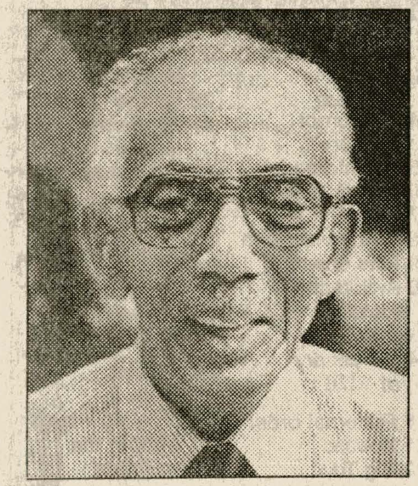
SENIOR TIMES, September, 1991

D 6 THE COURIER-JOURNAL, TUESDAY, SEPTEMBER 24, 1991



C. Edward Powell

Ruth Kirkman

PHOTOS BY AL ALLEN

Margaret Burgess

Contributions to community bring honors to three seniors

PRIME TIME
AL ALLEN

Adding up the ages of the three senior citizens of the year for Jefferson County and for Southern Indiana gives you a total of 244.

Accurately assessing their contributions to their communities would be far more difficult.

Take **C. Edward Powell,** the 87-year-old Berrytown resident who received the Col. Harland M. Sanders award as Jefferson County's outstanding senior citizen this year.

The award is sponsored by the county and Jewish Hospital, and will be presented Oct. 4 at the annual Autumn Years Celebration banquet in Louisville.

The slim, quiet Powell seems to be constantly involved in service to his fellow senior citizens and has been for many years.

He was born in Lexington, Ky., reared on a Shelby County farm and graduated from Lincoln Institute in Simpsonville. Most of his working life was spent with state child-welfare agencies. He retired in 1969 after 39 years as maintenance engineer at the Kentucky Children's Home in La Grange.

In the 1970s he was a leader in forming the J. B. Tinsley Senior Organization in the Berrytown/Griffytown community. Its Watson-Powell Community Center, at Parkfield and Heafer roads, was named for him and the late Pinky Watson, an early fieldworker for the center.

Tinsley and two other predominantly black senior-citizen centers, Prospect/Harrods Creek and Newburg, broke away from Senior Citizens East a couple of years ago and formed their own organization, Senior Services Inc. Powell was one of the leaders in the change.

Powell works with many of the region's most influential senior organ-

he joked, "I wish they'd stop." Last year he won the Jean Bocko Humana Gold Plan Seniors Award. In 1984 it was the prestigious Bell Award. In 1982 the U.S. Department of Health and Human Services honored him. In 1977 it was Jefferson County and in 1969, the Kentucky Child Welfare Department. In 1990 he received an award from the Kentucky Children's Home for serving on its citizen-advisory committee.

"I enjoy helping people," Powell said.

Southern Indiana

Service to their churches and communities also distinguish the two women honored in Southern Indiana: **Ruth Kirkman** and **Margaret Burgess.**

Kirkman is Older Hoosier of the Year for the area made up of Scott, Clark, Floyd and Harrison counties. The workload this 82-year-old widow shoulders in Jeffersonville each week would bow the back of many who are far younger.

She delivers meals to 15 shut-in seniors at least once and sometimes three times a week, as she has for the past 16 years. She teaches Sunday school at St. Luke's United Church of Christ, is the president of its Woman's Guild and is chaplain of the National Association of Retired Federal Employees chapter.

She is active in the American As-

calling piano lessons she took for seven years as a child in Rock Island, her voice becomes a little girl's, high and squeaky, as she explains, awe-struck, "They cost 25 cents each time."

Margaret Burgess of New Albany is the region's Older Woman of the Year. Though she's not reluctant to admit her 75 years, she wishes the title were "senior citizen" instead of "older woman."

"You're just as old as you feel," she said. "You can't give in to your weaknesses."

Her chestnut hair — "never tinted," she said with a touch of pride — displays not the slightest trace of silver.

Much of Burgess' time is spent in one-to-one service to six or seven feeble elderly people she calls her "close friends." They depend on her regularly to drive them to church, go shopping, visit the doctor.

Perhaps that helps keep aging at bay. "They look on me like I was a 14-year-old kid," she said.

"I feel honored," she added, "though I think I've got them a little spoiled."

It's in a good cause, she said. "I try to keep anyone out of a nursing home that I can." Her attitude dates back to her childhood, when one of her duties was to assist an aged aunt. "I've always been drawn to older people who need help."

Burgess is active in the Charlestown Road Baptist Church and its Senior Citizens Ministry and Women's Missionary Group. In 1957 she helped establish the First Baptist Church in Huntingburg and is proud of being one of its charter members.

She volunteers regularly at the Ken Ellis Senior Citizens Center, helping with crafts and clerical tasks. Like Kirkman and Powell, she

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The Tribune, Wednesday, October 9, 1991

SUBMITTED PHOTO

THANKS — Bryant Hanson, left, president of Floyd Memorial Hospital, and Claud Millican, second from left, chairman of the hospital board, accept a plaque of appreciation from Pat Jewell, director of the South Central Indiana Council of the Aging and Aged, and Mike Hetzel, right, chairman of the council's board. The plaque was in appreciation of "Floyd's Trots," a fund-raiser by the hospital's Continuity of Care Committee and hospital associates. A total of $7,300 raised went to the council's Respite Program.

Wednesday, September 4, 1991

Banner
Gazette

Legislative Representative Needed for Area 14 Council

The South Central Indiana Council for the Aging and Aged Inc. is seeking a Legislative Representative for Area 14 in Clark, Floyd, Harrison and Scott Counties.

The representative would need to be available to attend out-of-town legislative meetings two or three times per year, and inform the participants at regular intervals in the meal sites and senior centers, in his county, of the legislative concerns and help them contact legislators when necessary.

The representative must be at least 60 years of age and be able to provide their own transportation. Mileage and expenses will be compensated for State legislative functions.

Anyone interested should contact the South Central Indiana Council for the Aging and Aged Inc. located at 134 E. Main St. in New Albany or call 948-8330.

Banner Gazette 10/16/91

Public Hearing On Home Care

A public hearing on Wednesday, Oct. 16 has been scheduled to allow citizens in the Ohio Valley area to express their opinions and to give testimony regarding the need for the CHOICE home care program in Indiana. The meeting will be at 2 p.m. at the New Albany-Floyd County Public Library.

Presently, the state legislature is reviewing the CHOICE program to determine whether or not it should be expanded or discontinued. The program is one that provided a variety of in-home care services to elderly and disabled people in 20 counties in the state.

Everyone is invited to attend.

Public Hearing

A public hearing was held Wednesday, Oct. 16, for which more than 150 residents and health-care professionals attended to show their support for an expansion of CHOICE, a state home care program for the elderly and disabled.

CHOICE (Community and Home Options to Institutional Care for the Elderly and Disabled) was created by the legislature in 1987 to provide counseling on home care services and funding on the same.

A legislative subcommittee reviewing the program, last month, proposed that it be expanded statewide. However, the proposal also included a reduction in the number of people who would be served in each county in order to keep costs within the $42 million appropriated for the program for 1992 and 1993.

The proposed expansion will allow the program to serve more than 7,500 clients by 1993. The increase has been justified on the basis of what it deems are more realistic cost assessments and a more aggressive attempt to use Medicare, veteran and other benefits. The commission is also proposing that the state make use of approximately $10 million appropriated for the program in previous years that had not been used.

The commission plans to compile the views expressed at the past hearings and of those to come and present those views into a report that will be presented to the state legislature next month.

Banner Gazette 10/23/91

Open house at Senior Citizens Center to promote meal site

An open house will be held Friday during the noon meal time at the Corydon Senior Citizens Center, 123 S. Mulberry St.

"This event is to make more of our senior citizens in Harrison County aware that there is a nutrition program," said Michael Whooley, nutrition director of the S. Central Council for the Aging and Aged Inc., which provides low-cost nutritious meals for senior citizens five days a week at several meal sites in the county.

Frankie Able, information and referral director, will be there to answer questions participants may have.

Menus and locations of sites are published each week in this newspaper. Senior citizens are asked to call a day in advance to make a reservation. Whooley said 20 to 22 people come each day to the nutrition site in Corydon.

Those over 60 years of age are asked to make a donation of $1.25, or what they can afford. Anyone under 60 can attend, but must pay $3.

Whooley said transportation to the sites is available. An agency van will pick people up at their homes.

Anyone who wishes to attend the open house Friday should call the center at 738-3065 by 2 p.m. Thursday.

Corydon Democrat 10/23/91

RSVP officials honor members

Thirty participants in the Retired Senior Volunteer Program gathered Monday, Nov. 4, for a mini-recognition program at the Senior Citizens Center in Corydon.

The program was hosted by director Matie Watts, assistant Ceil Sperzel and the Harrison County RSVP advisory council.

Frances Hunter-Able, coordinator/advocate for the South Central Indiana Council for the Aging and Aged Inc., presented a slide show and answered questions on programs available for senior citizens. Social Security representative Barbara Crecelius gave an update on the Social Security program and answered questions.

Minnie Schuppert was honored and presented a corsage for being a member of the RSVP since it was organized in 1973. There are now 75 members participating in the RSVP at 12 volunteer stations.

Schuppert was also presented a special award at the annual recognition program in May. She is an active volunteer for the Harrison County Hospital Guild.

Cookies and drinks were furnished by the Hospital Guild and door prizes were awarded.

The RSVP is sponosred by the Interfaith Community Council in New Albany. Volunteers work at the library, hospital, nursing homes, nutrition center and Red Cross, and make Love Bears for abused children. To volunteer, call Helen Miller, Harrison County liaison, at 738-7302 or Watts at 748-1815.

Other members of the Harrison County Advisory Council are Helen Cunningham, Patty Vertrees, Margaret Harris, Savilla Bliss, Jo Sauerheber, Virginia Watson, Diane Miller and Sue Pepper.

Corydon Democrat 11/13/91

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4 THE INDIANA WEEKLY, WEDNESDAY/THURSDAY, NOVEMBER 27/28, 1991w

Helping hands

Community readies holiday assistance for the less fortunate

By SHIRLEY WILLIAMS
Indiana Weekly Staff Writer

"No one needs to eat alone or go without dinner on Thanksgiving Day," said Salvation Army Capt. Mark Turner.

That's because volunteers will serve dinner from noon to 2 p.m. Thanksgiving Day in the downstairs activities room of the Salvation Army Building, 1333 Bono Road in New Albany.

The free dinner, a longtime Salvation Army tradition, was taken over in New Albany by the Salvation Army Men's Fellowship Club about five years ago, Turner said.

The invitation to dinner is extended both to the needy and to anyone who might otherwise be alone, even though he or she may be able to afford a meal, Turner said.

Support for the annual dinner (they fed 67 people last year) comes from Kentucky Harvest and other volunteer organizations and church groups, Turner said. Kentucky Harvest is providing the food this year.

The Salvation Army has already taken applications from Clark, Crawford, Floyd, Harrison, Orange, Scott and Washington County residents for Christmas toys, angel-tree clothing and food baskets, Turner said. Additional applications will be accepted "only in extreme emergencies" through Christmas, he said.

After parents apply for assistance, social worker Roxanne Haley said, information on children up to age

Those who take angels from a tree go shopping to fill the needs on the lists, then bring the packages to the angel tree.

Children's angel trees will be at Clarksville's Green Tree Mall and the Corydon and Scottsburg Wal-Marts Monday through Dec. 16. The Scottsburg tree will have about 250 Scott and Washington County names, Turner said. The Corydon tree will have about 250 Harrison County names. The Clarksville tree will have close to 2,000 names of children from all seven counties.

A senior-citizens tree will be at River Falls Mall in Clarksville through Saturday, Haley said. Last year, 406 seniors and 2,531 children received angel-tree gifts, she said.

The Salvation Army also needs volunteer bell ringers to work through Christmas, Turner said. Volunteer help is also needed from individuals and businesses with a truck to help pick up angel-tree packages Dec. 9-16 and to help distribute the packages Dec. 20.

For more information or to volunteer, call (812) 944-1018.

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Many churches and other Southern Indiana organizations are involved with helping the needy during the holiday season.

In most cases, they get the names of people they help from a central clearinghouse in each county. This system helps avoid duplication and stretches the holiday bounty as far as possible.

sor a family should go to the center, 214 E. Maple St., or call 282-0063.

More than 700 families were helped through the center last year, said director A.C. Johnson. The center gave many of the names of those in need to churches and individuals who wanted to help, and "we gave out 325 baskets ourselves," Johnson said.

Another organization targets toys for Clark County children at Christmas.

The Clark County Empty Stocking Fund is in the Carol J. Amig Center, 1002 Mechanic St., Jeffersonville.

It provides gifts for children up to 12 years old and extends the age to 19 for the homeless, disabled or special-education children, said Phyllis Lowe, who is in charge of advertising for the fund.

The organization obtains one or two $10 gifts appropriate for each child's age. For special children, the volunteers find out what toys they have asked for and get area department stores to donate them, Lowe said. The organization is staffed by volunteers and helped more than 1,200 children last year.

Empty Stocking volunteers also raise money with an auction of donated items and with roadblocks.

This year's auction will run from 12:30 to 4:30 p.m. Sunday at Bale's Motor Co., 104 E. Seventh St., Jeffersonville. Auction items are still needed, Lowe said.

Empty Stocking roadblocks will

clothing, is already taking applications for this year's adopt-a-family program, said Executive Director Mary Ann Carnighan. They distributed food baskets to 1,060 Floyd County residents last year, she said.

The organization relies on groups, such as Sunday school classes and area businesses, as well as individuals for help. "We're the matchmakers," Carnighan said. "They tell us what they would like to do with their finances, and we match them with a family with those needs."

However, Carnighan added, it helps if groups or individuals who find their own families to help check in with the Family Service Bureau, or at least report the name. "It's all confidential," she said, "and it keeps us from duplicating. That's how we're an effective clearinghouse. We're only as good as what we're told."

HARRISON COUNTY

Harrison County Community Services on West Walnut Street in Corydon is the county clearinghouse for those helping the needy during the holidays. The mailing address is P.O. Box 308, Corydon, IN 47112. Telephone: (812) 738-8143.

Harrison County's main project is the Santa Shop, which provides gifts for children 12 and younger in Harrison Township, and children 10 and younger in all other Harrison County townships. Organizers will take applications between 8:30 a.m.

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ay Ledger-Tribune, November 22, 1992 Page 5A

TRIBUNE PHOTO BY DAVE DAVIS

Angel Tree

The Senior Citizen Angel Tree, co-sponsored by South Central Indiana Council for the Aging and Aged, Inc., and the Salvation Army, has been set up in River Falls Mall. The tree, which will be there until Nov. 25, allows people to purchase gifts for residents in nursing homes and the elderly home-bound in Clark and Floyd counties. Taking pledges for the tree are, from left, Paul Ferrell, Mildred Ferrell, Mary Helen Walker and Mariam Skelton.

TRIBUNE PHOTO BY DON BECK

GRANT FROM PSI - Public Service of Indiana Foundation awarded Allied Seasonal Assistance Program a grant for $2,500 to maintain the loan bank of electric heaters, fans, and air conditioners. Directors of the ASAP Program, from left, Mary Ann Carnighan of Family service, Patricia Jewell, with Council on Aging and Woody Miller, American Red Cross, view the check and some of the heaters and fans they have in stock at the present time.

The Tribune, Monday, December 2, 1991

Page 4A The Sunday Ledger-Tribune, December 15,1991

OPINION

THE TRIBUNE
Established in 1888

Readers write

Thanks to caregivers

Dear Editor,

As I ponder and pray a prayer of gratitude for the myriad of blessings received by so many in 1991, I remember specially the senior citizens of our area and their caregivers.

We at Providence Retirement Home, as caregivers, have the blessed ability of touching many lives. We have that good ability because of the hard and gracious work of our employees, auxiliary members and board of trustees who have incomparable commitment and dedication to the Home's ministry.

Another vital blessing to the Home and to our area senior citizens is the outstanding menu of services provided by the South Central Indiana Council on Aging and Aged under the capable leadership of Pat Jewell. The Council, via its array of programs promotes and mainstreams caregiving services vital to the very life and well being of one of our area's most valued gifts — our senior citizens.

The Transportation Program, which is one of the main service components in the area is extraordinary and fills a tremendous need. I don't begin to know the miles of needs that are accommodated by way of the area's Transportation Program for seniors who use it to go for medical appointments and treatments, grocery shopping, medication pickups and so forth.

But I do know that our ministry at the Home is more complete and available because of the service provided to our residents and is key to the continued existence of our Adult Daycare program.

At this writing, I applaud the persons who make the program possible and on behalf of the seniors we serve, offer both a note and prayer of appreciation. After all, it is caregivers and service providers who make each day for so many a day of Thanksgiving and one of Christmas love. Thank you and Godspeed.

Sister Barbara Ann Zeller, S.P.
Administrator/CEO
Providence Retirement Home

The Sunday Ledger-Tribune, December 15,1991 Page 5A

SORTING GIFTS — Pilot Club volunteers and South Central Indiana Council for the Aging staff members recently sorted gifts from a senior citizens' angel tree. More than 500 gifts were collected at the tree in Clarksville's River Falls Mall. Pictured, from left, are Marg Morlen, of the Pilot Club; Council staff members Earlene Bennett and Frankie Abel and Jane Gleitz of the Pilot Club. The Salvation Army cosponsored the angel tree.

Decembe

'Angel Tree' benefits 20 nursing home residents

Twenty residents of Harrison County will have a merrier Christmas this year, thanks to the Senior Citizens Angel Tree sponsored by the Harrison County Human Services Association.

The staff at Corydon Nursing Home and Indian Creek Convalescent Center were asked to make "wish lists" for patients who might not receive Christmas gifts.

The lists contained needed items such as sweatsuits, blouses, jewelry and houseshoes.

"The Angel Tree for seniors does not detract from the Children's Angel Tree," said association member Barbara Crecelius, "but is meant to recognize a growing, but sometimes forgotten, group of people."

The lists were distributed to shoppers who fulfilled as many of the wishes as they could afford, Crecelius said.

"We had many more requests to help than we had wish lists," said Angel Tree chairperson Frances Hunter-Able. "This is our first year for a Senior Citizen Angel Tree in Harrison County and it's been a great success."

The idea of an Angel Tree for senior citizens originated two years ago when the South Central Council for the Aging and Aged joined hands with the Salvation Army to benefit seniors in Clark and Floyd counties.

Hunter-Able, information and referral director for the Council for the Aging, suggested the Harrison County Human Services Association adopt the Angel Tree project in Harrison County.

The association was formed in 1990 and includes members representing the welfare department, home health agencies, Social Security, the hospital, and Community Services, Crecelius said.

In 1991, over 450 senior citizens will receive gifts as a result of the Angel Tree.

Page 4 The Tribune, Monday, December 9, 1991

OPINION

THE TRIBUNE
Established in 1888

Hotline has cooled vandalism

Sometimes the threat alone can defuse the problem.

This could be the situation as far as vandalism in the 16 park sites administered by the New Albany-Floyd County Parks Department is concerned. Problems with thousands of dollars loss to facilities during the summer had resulted in the respective city and county parks boards adopting a plan based on the highly successful "Crime Stoppers" program.

The idea was to offer up to $100 reward to persons calling 949-PARK with information leading to the arrest and conviction of persons stealing or damaging park equipment and facilities. The program was initiated in September after publicity about the "Bounty Line" and a series of newspaper ads bearing the telephone number which would accept the confidential information.

Since then, there have been only four calls on the line, all of them with information concerning two rings of teenagers arrested for the summer vandalisms before the program was put into effect. But while there has been few calls and no arrests attributed to the "Bounty Line," neither have there been any incidents of theft or vandalism in the parks over the same period.

Perhaps it is too early to ring up success for the "Bounty Line," because the true test of the program's worth will come when spring weather brings more people to the parks. Yet, we think it just might possibly be that the threat implied by the parks boards' action may have defused potential trouble and troublemakers.

We are anxious to see if the calm continues.

Readers write

No knowledge of the rules

Dear Editor,

I'm a volunteer and enjoying spending Tuesdays and Wednesdays at the Providence Retirement Home. I accepted the courtesy of the Senior Citizen van for transportation.

As most people know our guests, several of them ride in a specially equipped van with a wheelchair lift. Recently, one elderly patient was being transported home and his wheelchair became immobilized. Mr. Leonard Allen, the driver and a very caring person and gentleman, took him to his home.

Mr. Allen was there perhaps for a half-hour so I became concerned and got out of the bus and went in. It took us both perhaps an hour to get the wheelchair repaired. We couldn't leave the man and his wife without help. They are both in ill health and without help. Our help was urgently needed.

I'm 75 years old, but agile and I'm neither "on Pablum" nor am I a kindergarten dropout. I have a 30-year pin for my work as a Red Cross volunteer. We volunteers were trained not to hesitate if we witness a need for help. I was unaware if any rules of the Senior Citizens van, as I have never been informed until yesterday when I got a mild verbal lashing from the Senior Citizens office via phone.

Perhaps those in question may need a wheelchair one day, or it could be me. I will never cease or hesitate to utilize my valuable Red Cross training rules or any other as long as I am ambulatory. I feel that I have been grossly misunderstood by not having been informed of rules. Why are we widows and senior citizens being thus treated in this and other places, but are quick to get a verbal lashing. While not having knowledge of rules. We are not all too stupid to know when we are being conned and ripped off.

Mary L. Adams,
New Albany

The Tribune, Tuesday, November 24, 1992

SUBMITTED PHOTO

All decked out

Members of the Ladies at Fifth Street Center took the opportunity to don costumes and have a good time at a Halloween party. Those attending included Mary Perkins, Bertha Detrich, Margaret Gillespie, Martha Stepp, Dorothy Brickle, Girlia DeVore, Cornelia DeVore, Martha Speagle and Martha Cable.

The Tribune, Monday, January 20, 1992 Page 9

Group names new officers

New officers of the Floyd County Human Services Association are, pictured from left to right: Barbara Crecelius of the Social Security Administration, president; Frances Hunter-Able of the South Central Indiana Council for the Aging and Aged, vice president; Roxanne Haley of the Salvation Army, secretary; and Kadie Engstrom of the Kentuckiana Girl Scout Council, treasurer.

The Floyd County Human Services Association meets monthly. Members say the association's meetings provide an excellent opportunity to network with others, to learn of services provided by various local agencies and to meet colleagues in the human services field.

Members of the association must be professionals engaged in non-profit human service activities in Floyd County. Anyone interested in more information may contact any of the officers or attend the next meeting, scheduled for 1:30 p.m. Feb. 11 in the community room of the Melhiser, Endres, Tucker Building.

EVENING NEWS 12/92

Senior Citizen
ANGEL
TREE

Staff photo by Marti Snyder

SOUTH CENTRAL INDIANA COUNCIL for the Aging and Aged, Inc. and the Salvation Army are sponsoring a senior citizens angel tree at the Green Tree Mall, Clarksville. Accepting gifts to be donated to area senior citizens, pictured from left, are Thelma Bertrand, coordinator of the angel tree project; Marilyn Reynolds, community relations director from the John Kenyon Eye Center; Dr. Maurice Johns; and Jane Gleitz.

Page 4 The Tribune, Wednesday, January 8, 1992

OPINION

THE TRIBUNE
Established in 1888

Senior van is a savior

Dear Editor,

I have a husband in the Providence Retirement Home who has to be in a wheelchair. I have found the Senior Van for Citizens to be a blessing for me.

The Providence nursing staff makes my appointments for me which is really kind of them. I have had back surgery and cannot handle the wheelchair. It has taken a burden off me. We go to the doctor's office and have been to the hospital several times for therapy.

I have found this van and its personnel to be a great help in every way. No one knows until they have to use this service just what a blessing it is. Just saying thanks isn't enough for such service.

May God bless you all and may you have a happy New Year.

Hazel Eisert,
New Albany

Page 2 THE BANNER-GAZETTE, Wednesday, January 29, 1992

Helping Hand Program to Begin on Feb. 3

The Helping Hand program will begin on Feb. 3.

The program is sponsored by PSI Energy and the Salvation Army and offers financial assistance (up to $30) to income eligible elderly (age 60 and over) and/or disabled persons to help pay their electric bills.

To be eligible applicants must be residential customers of PSI Energy with responsibility for paying their own electric bills; be 60 years of age or over and/or diabled; and be income eligible.

The following are the guildlines for income eligibility:

One person in household, $8,275 per year or $690 per month; two person household, $11,100 per year or $925 per month; three person household, $13,925 per year or $1,160 per month; four person household, $16,750 per year or $1,396 per month; five person household, $19,575 per year or $1,631 per month.

Those needing additional income information are asked to call the South Central Indiana Council for the Aging and Aged Inc. at 948-8330.

Applications will be taken during the month of February, March and April. Eligible applicants are to call for appointments where necessary and bring their unpaid electrical bills and proof of income (check stubs, W-2 forms, Energy Assistance approval, direct deposit bank statement, etc.) when applying each month. Applications will be taken at the following locations:

Floyd County

Council for the Aging, 134 E. Main St., New Albany, IN 47150. Earlene Bennett, 948-8330. Monday, Wednesday, Friday from 10 a.m. till 2 p.m. For persons age 60 and over only.

Floyd County Community Services, 719 E. 8th St., New Albany, IN 47150. Freda Hunter-Hammonds, 949-6273. Monday through Friday.

Family Services Bureau, 2818 Grant Line Road, New Albany, IN 47150. Mary Ann Carnighan, 944-6120. Monday through Friday (call for appointment).

Clark County

Hoosier Valley E Spring St., Jeffersonv 47130. Vickie Case, Monday through Friday.

Harrison County

Harrison County Con Services, West Walnut S don, IN 47112. Geneva Sa 8143. Monday through Fri

Scott County

Ohio Valley Opport York Road and Hwy. 31 S. IN 47102. Pat Amos, Monday through Friday appointment).

Winter award will help in summer

By DALE SANDUSKY
Tribune Staff Writer

Shopping for air conditioners in January may be either considered unusual or a stroke of genius. Yet that's exactly what Mary Ann Carnighan is doing on behalf of the Allied Seasonal Assistance Program (ASAP).

Usually unheard of at this time of year, ASAP was recently awarded $5,000 by the Metro United Way to bolster its program, which supplies air conditioners and heaters to needy, elderly and handicapped persons suffering from the extremes of weather.

Carnighan is director of the Family Service Bureau which, along with the South Central Council for the Aging and Aged and the New Albany Chapter of the American Red Cross, serves to administer the ASAP in Floyd County.

The $5,000 grant from the Metro United Way falls into the category of its "priority programs fund grants," essentially a one-shot award for a specific community purpose.

"We did a little lobbying," Carnighan said, adding "I think it shows that we're a worthwhile program."

In fact, the success of ASAP, which began in 1984, has been so consistent that Carnighan, herself, is somewhat surprised by how well it has thrived and been supported through local private donations.

Annual attrition necessitates a big replacement for the appliances loaned to the medically distressed. Carnighan said there were 75 air conditioners, as well as many fans stocked by ASAP last year, and all of the units were loaned out except for an unspecified few that the agencies like to retain for emergency requests.

"Oh, yes, we ran out. We never seem to have enough to go around," she said.

The grant is timely and will be a big help in allowing ASAP to replace some units that are simply worn-out, according to Carnighan.

She said she hopes the money will be enough to purchase about 14 new air conditioners. "And I hope that off-season shopping will allow us to find some good prices," she added.

1/23/92 Tribune

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THE COURIER-JOURNAL
LOUISVILLE, KY.
FRIDAY,
FEBRUARY 21, 1992.

CLARK COUNTY

Clinic fills area's need for primary health care

By PAM RUNQUIST
Staff Writer

Thornton Smith has had high blood pressure for years.

That wasn't as much of a problem when he had a job as a truck driver and his regular checkups and medication were covered by the health-insurance plan offered through his employer.

However, Smith, a Clarksville resident, lost his job — and his insurance — several months ago and has had trouble finding the funds to pay for doctor's visits and prescriptions ever since.

Smith recently started a new job as a janitor in Louisville, but he works on a contract basis and still isn't covered by any insurance plan. And his blood pressure is still high.

That's where the Clark County Health Care Clinic, which opened yesterday in the Medical Arts Building on Sparks Avenue in Jeffersonville, was able to help.

The clinic provides primary health care, including checkups and routine shots, to county residents who lack government or private medical insurance and whose household income is at or below 185 percent of the federal poverty level. For a family of four, that's $2,066 per month.

Patients are asked to donate $5 per clinic visit, which are by appointment only, but that donation can be waived depending on the patient's situation.

Smith was among 11 patients who visited the clinic last night. He got a checkup from one of the clinic's volunteer doctors and received a prescription for his blood-pressure medication.

Smith still has to pay for that medication but, by visiting the clinic, he said he avoided the $40 bill he would have had to pay to visit a doctor.

"This place is A-OK with me," said Smith. "It couldn't have come any sooner."

See NEW
Page 6, col. 3, this section

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Mar. 27, 1992

Seniors benefit from hot meals program

By VALERIE BOTT
Evening News Staff Writer

For many elderly residents in Clark, Floyd, Scott and Harrison counties — the four counties served by the South Central Indiana Council for the Aging and Aged — the hot lunch they receive through the council five days a week is what keeps them independent and living on their own, council officials said.

"I can't be on my feet that long," said Rita Morris, a resident of the Clark Arms in Jeffersonville, where one of the meal sites in the Elderly Nutrition Program is located. "Without the program I'm sunk."

Morris, along with participants and volunteers who run the operation celebrated Nutrition Awareness Day Wednesday and are getting geared up for a week of upcoming Walk-A-Thons to raise money to keep the elderly food program running.

Mike Whooley, nutrition director with the council, said it operates 15 meal sites Monday through Friday in the four counties, seven of them in Clark County, and makes home deliveries on weekdays to senior citizens who can't get out.

The program serves about 700 elderly residents daily, 300 at the 15 meal sites and another 400 in their homes, he said.

"Anyone 60 and over can come in to a site and eat a meal with us," Whooley said.

The program is geared to seeing that elderly people are receiving adequate nutrition and keeping seniors from having to go into an institution.

"For homebound people, the main purpose is to keep people living independently," Whooley said. "A lot of the time the meals are the only things that are helping keep people out of nursing homes."

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Staff photo by Beth Olliges

I enjoy a Nutrition Awareness
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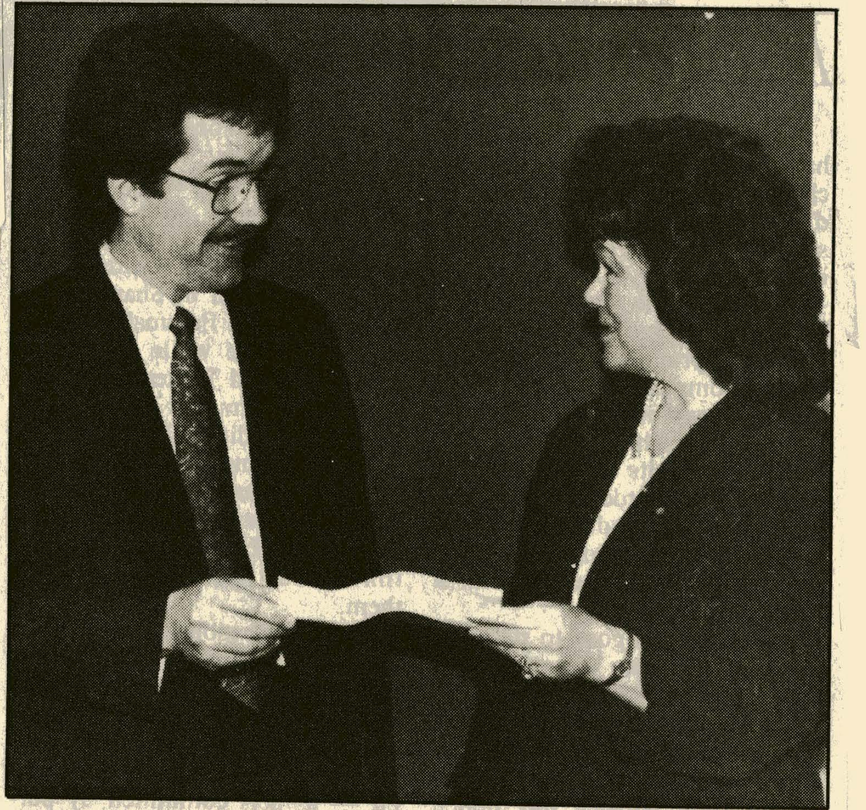
GAMES
OF INDIA
INDIA

TRIBUNE PHOTO BY DON BECK

GAMES PEOPLE PLAY — Southern Indiana senior citizens are gearing up for the annual Senior Games, which begin on May 27. Seniors may enter events for a $5 fee, which includes a T-shirt. To register, call the South Central Council for the Aging and Aged at 948-8330. Getting a head start on the registration are Tony and Ethel Walter, of 2701 Paoli Pike, as they try on their Senior Games shirts.

4/29/92

The Tribune, Tuesday, March 17, 1992



TRIBUNE PHOTO BY KATHY DOUGHERTY

DONATION FOR WALK — Mike Whooley, nutrition director for the South Central Indiana Council for the Aging and Aged Inc., accepts a $600 check from Joyce Brown, vice president of INB Banking Co. as a donation to the council's annual walkathon to support the program Meals on Wheels, which provides food for homebound seniors.

WEDNESDAY, APRIL 22, 1992w

Seniors' events

The 1992 Senior Games of Indiana will run May 27 through June 4 at various Floyd County and Clark County sites. The annual event, for people 60 and older, offers competition in bingo, cards, checkers, dancing, fishing, bowling, basketball toss, Frisbee golf, golf, airplane toss, hog calling, husband calling, bushel-basket toss and horseshoes. There also will be 1- and 2-mile walks and a health fair.

A $5 registration fee covers all events and includes a T-shirt as long as the supply lasts. For more information or to request registration forms, call the South Central Indiana Council for the Aging & Aged at 948-8330.

ED
SCHUELER

INDIANA NEWS

New clinic provides primary health care

Continued from Page B 1

The Clark County clinic was organized by a group of healthcare professionals and area citizens who were concerned about the growing number of county residents who aren't eligible for government insurance and who can't afford to pay for health insurance themselves.

The group, called Clark County Health Care Inc., surveyed local medical professionals last summer and received commitments of volunteer labor from more than 40 doctors and about 85 nurses.

The group also canvassed local government and area businesses for donations and received approximately $21,000, which includes a $10,000 donation from the Clark County Commissioners and a $5,000 donation from the Jeffersonville City Council.

Also, Clark Memorial Hospital agreed to provide free laboratory services, and the county Health Department donated space in the Medical Arts Building offices.

The clinic has only one paid employee, Linda Codey, a part-time clinic coordinator. The remaining funds are used to pay for supplies and a limited amount of medication which the clinic will distribute free of charge.

The clinic is open from 4 to 7 p.m. Tuesdays and Thursdays. Appointments can be made by calling the clinic at 288-1474 between noon and 7 p.m. on those days.

Before the clinic opened yesterday, only three patients had scheduled appointments. However, because news of its opening had spread via the media and word of mouth, eight additional patients scheduled same-day appointments yesterday, and several reserved a slot for next week.

"We are obviously going to grow," said Sharon Hilton, chairwoman of the clinic's board of directors. "We are going to need more space and more donations."

Hilton is continuing to lobby area businesses and governmental entities, including the Clarksville City Council, for financial help. In addition, she said she hopes that some vacant commercial space, such as that at the Youngstown Shopping Center, will be donated for the project.

In the meantime, the clinic's waiting room was already crowded last night, as patients and their families waited to see one of the two volunteer doctors who were working.

Nancy Copeland came with her brother-in-law, Shirly Copeland, who had a heart attack in May and had to quit work but has not yet been declared eligible for Medicaid.

Copeland said her brother-in-law is supposed to have monthly checkups but had not had one since October because he can't afford them.

"I think this is a great thing," said Copeland, of Jeffersonville. "Medical bills are going up and up, and there's just no way he could pay for it."

Susan and Dave Stock of Sellersburg came to the clinic with their two sons, Sterling, 6, and Spencer, 3, whom they suspected had strep throat.

Dave Stock has his own painting business and he said that he cannot afford to pay for health insurance for their family, particularly during the winter months when business slows down.

In the past, if one of their children has needed to see a doctor when they're low on funds, Stock said they went somewhere and hoped that they would be billed later. Now, he said, they can come to the Jeffersonville clinic.

"This is helpful for people like us . . . people who are somewhere in between."

Besides providing food, the program provides friendship.

"The four walls nearly kill you," Morris said.

Getting down to have lunch with several other older ladies and gentlemen five days a week has helped her make new friends since moving into Clark Arms last August.

Margaret Johnson, another Clark Arms resident, said that meeting other residents at the meal site has helped her adjust to her new home in Jeffersonville. Johnson lived in Borden since she was married 53 years ago and moved into Clark Arms in January.

"Better than the meals, I like the fellowship," she said.

The program also has rewards for the volunteers, some of whom are also senior citizens.

Don Schreiver, who just recently started volunteering to deliver meals, said the program has given him a way to help other people now that he is retired.

He said he also considers it a way of paying a debt to others because his mother was helped through a similar program in Ohio.

"This is my way of paying them back," he said.

The Elderly Nutrition Program is funded primarily through federal and state monies, but additional funding through local contributions is vital to keeping the program going, Whooley said.

"We need the funds. We're projecting a deficit by the end of the year," Whooley said. "We would have to cut back sponsorship. We had that situation about two years ago and it was pretty rough on everybody."

The upcoming Walk-A-Thons to raise money for the program will start April 6 and run through April 10. They will be sponsored in Jeffersonville, Charlestown, Scottsburg, New Albany, and Corydon on different days of that week. For more information on how to participate in the Walk-A-Thons or to be a volunteer, call the council at 948-8330.

Staff photo by Beth Olliges

LTON enjoy a Nutrition Awareness
al Indiana Council for the Aging and
errace in Clarksville yesterday. This
the senior citizens of Clark County,
for an average of 27 people a day,
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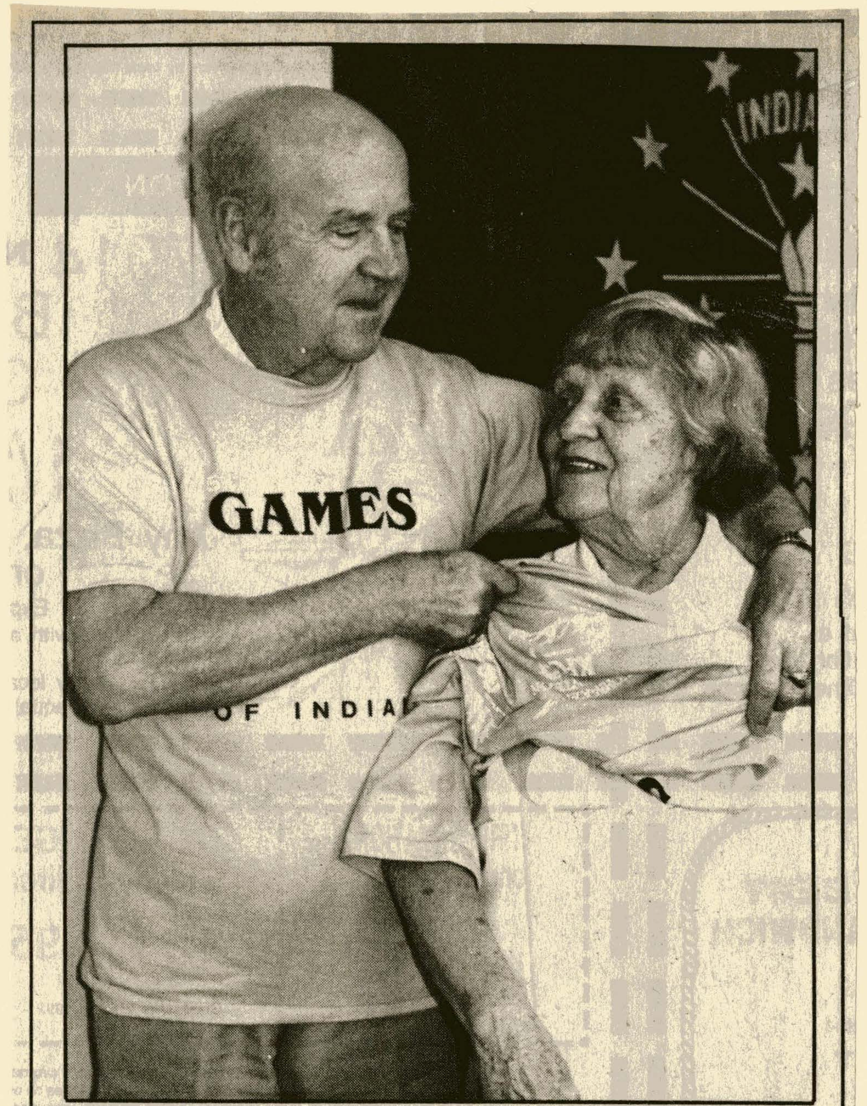

TRIBUNE PHOTO BY DON BECK

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4/29/92

The Tribune, Tuesday, March 17, 1992

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ED
SCHUELER

The Tribune's Silver Lining, Monday, April 27, 1992 Page 2C

Senior Games week filled with fun, meals, honors

This year's Senior Games will encompass a week filled with liveliness. The following is a schedule of the week of events.

May 27

NURSING HOME GAMES 10 a.m.-1 p.m., Providence Retirement Home lunch included for nursing home participants;

FUN WALK, OPENING CEREMONIES, BINGO 10 a.m.-2 p.m. Meet at Warder Park in Jeffersonville and walk down Spring Street to Nachand Field House. Free lunch for Fun Walkers.

May 28

HEALTH FAIR 9 a.m.-2 p.m., Trinity United Methodist Church, 2796 Charlestown Road. Free test, literature, 16 booths, .cholesterol test — $2. Fun games while you wait for testing include airplane toss, hog calling, husband calling, bushel basket toss.

May 29

DANCE CONTEST 12:30-1 p.m. registration and exhibition dancing; 1-4 p.m. waltz, free style, jitterbug, Polka, two step, fox trot, Charleston.

June 1

GOLF 8:30 a.m. registration; 9 a.m. start. Twilight Golf Course, 5316 Hwy. 62, Jeffersonville. Men: ages55-64; 65-74; 75 and up; Women: ages 55-64; 65-74; 75 and up. Coffee and doughnuts will be provided for golfers.

FISHING 7:45 a.m. registration; 8 a.m. start; 11 a.m. lunch included with event. Community Park. Everyone to furnish his or her own pole and bait. Medals for: longest fish, largest fish by weight and most fish. Fish must be at least 4 inches long.

FRISBIE GOLF 11:30 a.m. registration; noon cutoff and start. Community Park. Men ages 55-64; 65-74; 75 and up. Women: ages 55-64; 65-74; 75 and up.

HORSESHOES 1:30 p.m. registration; 2 p.m. start. Community Park. Men ages 55-64; 65-74; 75 and up. Women ages 55-64; 65-74; 75 and up.

June 2

BASKETBALL TOSS 9-10 a.m. practice; 10 a.m. start; 11 a.m. lunch (included with the event). Boys and Girls Club in Ekin Avenue Recreation Center.

BOWLING 1 p.m. cutoff time; 1:15-4 p.m. event. Blackiston Bowl, 1516 Blackiston Mill Road in Clarksville. Men ages 55-64; 65-74; 75 and up. Women ages 55-64; 65-74; 75 and up. In addition to medals: top trophies to regular bowler and non-regular bowler.

June 3

ONE MILE AND TWO MILE WALKS 8 a.m. registration; 9 a.m. start one mile; after 30 minute break start two-mile walk; 10:30 a.m. fun games with prizes; 11:30 a.m. lunch.

CARD GAMES 1 p.m. euchre, bridge pinochle checkers with partners and tables assigned. Light refreshments included.

June 4

CLOSING CEREMONIES at Knights of Columbus, 809 E. Main St. in New Albany. 9 a.m. doors open; 11 a.m. visit the 14 booths "Rascals of Ragtime," other entertainment; 11 a.m. introductions; 11:15-noon free lunch; 12:30 p.m.-2 p.m. door prizes; award of medals and plaques; other recognitions; closing remarks.

Page 12 – Wednesday, April 15, 1992, THE CORYDON DEMOCRAT, Corydon, Ind.

FEED OUR BODIES GIVE
NUTRITION

Jo Ann Spieth

'Walk a mile in my shoes'

Senior citizens and others from Corydon, New Salisbury, Georgetown and Borden walked almost a mile in Corydon last Thursday to raise funds and awareness for the South Central Indiana Council for the Aging and Aged Inc. Money they collected will help the Meals on Wheels program which feeds 70 to 80 people a day in Harrison County, said Michael Whooley, nutrition director.

The Tribune's Silver Lining, Monday, April 27, 1992

Hoosier nominees wanted

South Central Indian Council for the Aging and Aged Inc. is accepting nominations for the 1992 Older Hoosier of the Year and Older Woman of the Year awards. Nominees for these annual awards must be residents of Clark, Floyd, Harrison or Scott counties. Deadline for submissions is May 22.

The Older Hoosier of the Year award is the highest honor bestowed on a senior by the Indiana Family & Social Services Administration Aging and In-Home Services Division and the Governor's Voluntary Action Program. The award recognizes an outstanding senior for volunteer community service that improves the quality of life for others.

Candidates must be 60 years or older by June 12 to be nominated. The local representative will be honored at the 1992 Governor's Conference on Aging in October in Indianapolis.

The Older Woman of the Year award is open to women age 60 or older on or before Aug. 14. Selection is based upon life achievements, volunteer work and civic contributions. The local representative will attend a recognition ceremony at the Indiana State Fair Aug. 14, where she will be honored with other statewide honorees.

Both local award winners will participate in agency functions such as Senior Games of Indiana, State Fair Trip, as well as the Harvest Homecoming and Steamboat Days parades.

For more information or to obtain a nomination form, please contact Earlene Bennett at 948-8330.

THE BANNER-GAZETTE, Wednesday, April 22, 1992

Hoosier of the Year Nominations being Accepted

The South Central Indiana Council for the Aging and Aged, Inc., is accepting nominations for the 1992 Older Hoosier of the Year and Older Woman of the Year awards.

Nominees for these annual awards must be residents of Clark, Floyd, Harrison or Scott counties (area 14). The deadline for submitting nominations will be May 22.

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For more information, or to obtain a nomination form, contact Earlene Bennett at 948-8330.

Serving Scott County for Over 105 Years

Saturday, April 11, 1992

Senior citizens assembled at the Scottsburg Senior House Tuesday, April 7, for a walk-a-thon in support of the Elderly Nutrition Program sponsored by the South Central Indiana Council for the Aging and Aged Inc.

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April 1, 1992, THE CORYDON DEMOCRAT,

Seniors 'walk a mile' for meals on wheels

By LORI BESHEARS
Staff Writer

Senior citizens will "walk a mile" — almost — April 9 in Corydon to raise funds for the Meals on Wheels program.

At 1:30 p.m., participants will walk from the Harrison County Senior Citizen's Center on Mulberry Street to the Town Square, said organizer Michael Whooley of Corydon, the nutrition director for South Central Indiana Council for the Aging and Aged.

"We're asking everybody who walks to donate $3.25, which is the price of a meal," he said.

The council's federal funding through the Older Americans Act and the U.S. Dept. of Agriculture covers about two-thirds of the costs of serving the meals. Fund-raisers such as this help make up the difference.

Many of the walkers will be over 60 years of age, although not all of them take part in the nutrition program, he said.

Last year's walkathon — the elderly nutrition program's first fund-raiser — raised $14,000, Whooley said.

"That helped us to be one of only three (areas) in the state that didn't have waiting lists for meals," he said. "That's what we're trying to avoid.

Corydon's walk will also raise money for meal sites in New Salisbury, Georgetown and Borden. It is one of five walks planned for Indiana area 14, which covers Harrison, Floyd, Clark and Scott counties.

"If we go on a waiting list, the only way we can serve someone is to charge them the full amount," Whooley said, adding that most can't afford to pay the $3.25 daily.

Persons who receive meals through the program aren't forced to pay, he said, but they are asked for donations.

The average donation is about 80 cents. To cover costs, the program needs to get $1.25 per meal, he said.

In the four-county area, the elderly nutrition project serves 700 meals a day, 400 to homebound residents. Lunchtime meals are served Monday through Friday at the senior citizens centers in Corydon and New Salisbury.

The nutrition program is asking businesses for donations, Whooley said. And people can make donations without participating in the walkathon, which is sponsored by the council and INB Banking Co.

Contact the South Central Indiana Council for the Aging and Aged Inc., 134 E. Main St., New Albany, IN 47150, phone 1-945-6325, or the senior citizens center in Corydon, 738-3065, for information on pre-registering. Registration will also take place the day of the walk.

THE COURIER-JOURNAL, SATURDAY, MAY 30, 1992

JITTERBUG'S BIT 'EM

A dance contest had things really jumping yesterday at Providence Place, a retirement home at 716 E. Elm St. in New Albany.

Above, Paul Phelps and his wife, Thelma, cut loose during the contest, which is a part of the Senior Games of Indiana. The games run through June 4.

At right, Jesse Bennett was getting down on her own during a momentary separation from her dance partner.

Waltz, polka, foxtrot, jitterbug and Charleston were among the competitions.

The games are sponsored by the South Central Indiana Council for the Aging and Aged Inc.

STAFF PHOTOS
BY JAMES H. WALLACE

Rotary program offers elderly a friendly chat

Program pairs Rotarians with lonely seniors

By VALERIE BOTT
Evening News Staff Writer

For Virginia Lyle, a 72-year-old Clarksville woman who lives by herself, life could get extremely lonely at times, but because of her recent pairing with a member of the Jeffersonville Rotary Club, that's changed.

"Gee, I tell you, it has just taken all of the loneliness out," she said.

Lyle and seven other senior citizens in the Clarksville and Jeffersonville areas have been matched through the South Central Indiana Council for the Aging and the Aged with members of the Jeffersonville Rotary Club in the club's recently organized Friend to Friend program.

Vickie Medlock, social services director for the council, said her organization was contacted in December by the Rotary Club to see if it could work jointly to set up this program that pairs older, homebound residents with a Rotary member who can be a special friend.

Medlock said profiles were made of several older residents who were interested in the program and the Rotarians selected which person they thought they would be best suited to pair with.

So far there have been seven matches, but Don Newton, president of the Rotary group and general manager of The Evening News, said last week that the program has been going so good that he expects additional Rotary members to start participating soon.

Medlock said the feedback she's gotten from the older residents has been tremendous.

"They really look forward to these people coming," she stated.

Most of the senior citizens in the program aren't able to get out very often, so weekly trips to the store or to run other errands gives them the opportunity to take care of their business and gets them out around other people, Medlock said.

"Those are things that we take for granted," she added. "It's hard to believe that people just don't have the opportunity to get out."

Pat Jewell, executive director of the council, said that the Jeffersonville Rotary Club is the first civic organization to approach the council about setting up this type of cooperative program.

"I just thought it was commendable that they thought of something like this," she said.

Lyle said she's also grateful that the Rotarians began the Friend to Friend program.

"We people that are alone," really appreciate having visitors, she said. "When I was in the hospital I didn't feel so much alone like I have been."

Mable Pick, another older Clarksville resident who's in the Friend to Friend program, said being in the program makes her feel better.

"I have been very lucky. I have the nicest person," she said. "We get along very good."

10 The Evening News, Jeffersonville, Ind., Tuesday, April 7, 1992

Ken Ellis Senior Opportunity Center Upcoming Events

The Ken Ellis Senior Opportunity Center has announced the scheduling of two events for the month of May. They will be as follows:

The annual Derby Party will be held on Friday, May 1, from 11 a.m. till 2 p.m. The Buz Huber Band will entertain while participants ride their favorite horse. Door prizes will be awarded. Admission will be $2 per person.

On May 6, the seniors will travel to the Young at Heart Theatre to see The Terrific Twenties.

Seniors are reminded to sign up now for the Senior Games and the third annual Senior Prom.

A congratulations is sent to Louise Morton who was honored on April 25 at the Jeffersonville United to Make Progress Annual Jump Award Banquet.

The Ken Ellis Senior Opportunity Center is sponsored by the South Central Indiana Council for the Aging and Aged, Inc., Jeffersonville Park and Recreation Department and Clark County United Way.

For more information, contact Sue Johnson, coordinator, at 283-7356.

Page 4 SENIOR TIMES, May, 1992

Club 55 May-June 1992

INDIANA NEWS

Senior Games

It's spring and you know what that means... it's time for Indiana's Senior Games, May 27 - June 4! Come enjoy food, entertainment, door prizes, awards, free health screenings, and much more. A registration fee of $5 covers all events, T-shirts, lunch and refreshments.

A variety of activities are scheduled with something for everyone:

Wednesday, May 27 — Fun Walk, Opening Ceremonies, Bingo
Thursday, May 28 — Health Fair, Airplane Toss, Hog-Calling and Husband-Calling Contests, Bushel Basket Toss
Friday, May 29 — Dance Contest: Waltz, Free Style, Jitterbug, Polka, Two Step, Fox Trot, Charleston
Monday, June 1 — Golf, Fishing, Frisbee Golf, Horseshoes
Tuesday, June 2 — Basketball Toss, Bowling
Wednesday, June 3 — One and Two Mile Walk, Fun Games, Euchre, Bridge, Pinochle, Checkers
Thursday, June 4 — Closing Ceremonies: "Rascals of Ragtime," awards, Hawaiian entertainment, door prizes, lunch, and more.

Registration forms are available at the office of the South Central Indiana Council for the Aging and Aged, Inc., 134 E. Main in New Albany. Please call 948-8330 for information.

HEALTH FAIR
FREE TO PUBLIC
(Age 50 and over)

You are not required to register for SENIOR GAMES to participate

May 28, 1992
TRINITY UNITED METHODIST CHURCH
2796 Charlestown Road
New Albany
9:00 AM - 2:00 PM

Co-sponsored by the Jeffersonville and Floyd County Chapters of AARP, and Council on Aging.

- ★ **BLOOD SUGAR**
- ★ **BLOOD PRESSURE**
- ★ **CATARACT**
- ★ **GLAUCOMA**
- ★ **BODY FAT**
- ★ **HEARING TESTS**
- ★ **PULMONARY FUNCTION SCREENING**
- ★ **MEDICARE**
- ★ **NUTRITION INFO.**
- ★ **JOINT REPLACEMENT INFO.**
- ★ **RSVP INFORMATION**
- ★ **DISPLAY-ADAPTIVE DEVICES**
- ★ **CHOLESTROL $2**

Blood Sugar Test:
Fast 4 hours before test.

Enjoy seeing the Fun Games in the parking lot.

Tribune, Tuesday, May 26, 1992

May 6, 1992, THE CORYDON DEMOCRAT,

Council seeks nominations for top senior volunteers

South Central Indiana Council for the Aging and Aged Inc. is accepting nominations for the 1992 Older Hoosier of the Year and Older Woman of the Year awards.

Nominees for these annual awards must be residents of Clark, Floyd, Harrison or Scott counties. The deadline for submitting nominations is May 22.

The Older Hoosier of the Year award is the highest honor bestowed on a senior by the Indiana Family and Social Services Administration Aging and In-Home Services Division and the Governor's Voluntary Action Program.

The award recognizes an outstanding senior (male or female) for volunteer community service which improves the quality of life of others. Candidates must be 60 years of age or over by June 12 to be nominated.

The local representative will be honored at the 1992 Governor's Conference on Aging in October in Indianapolis.

The Older Woman of the Year award is open to women age 60 or older on or before Aug. 14. Selection is based on life achievements, volunteer work and civic contributions.

The local representative will attend a recognition ceremony at the Indiana State Fair.

For more information or to obtain a nomination form, contact Earlene Bennett at 948-8330.

THE INDIANA WEEKLY, WEDNESDAY, MAY 13, 1992w

Nominations sought for top seniors

Nominations for the 1992 Older Hoosier of the Year Award and the Older Woman of the Year Award will be accepted through May 22 by the South Central Indiana Council for the Aging & Aged Inc. Nominees must be residents of Clark, Floyd, Harrison or Scott counties.

The Older Hoosier of the Year Award is the highest bestowed on a senior by the Indiana Family & Social Services Administration's Aging and In-Home Services Division of the Governor's Voluntary Action Program. The award recognizes an outstanding senior for volunteer community service that improves the quality of others' lives.

Candidates must be 60 or older by June 12. The local representative will be honored at the 1992 Governor's Conference on Aging in October in Indianapolis. The contest is open to both men and women.

The Older Woman of the Year Award is open to women 60 and older on or before Aug. 14. Selection will be based upon life achievements, volunteer work and civic contributions.

The local representative will attend a recognition ceremony Aug. 14 at the Indiana State Fair, where she will be honored with other winners.

Both local winners will participate in agency functions such as Senior Games of Indiana and a State Fair trip, as well as the Harvest Homecoming and Steamboat Days parades.

For more information or to request a nomination form, call Earlene Bennett at 948-8330.

The Sunday Ledger-Tribune, May 3, 1992

TRIBUNE PHOTO BY DON BECK

THEY'RE OFF — Seniors at Ken Ellis Center in Jeffersonville held their own Kentucky Derby race at the center Friday afternoon. Out of the starting gate on their horse are from left are Goldie Schamel, Marie White, Jessie Bennett, Blanche Wells, Ola Thornton and Rose Cannon.

Tribune 6/1/92

LAZY, HAZY DAYS OF FISHING — Corydon resident Hazel Robertson relaxes as she fishes, while 14-year-old Jessica Gibson of Greenwood looks out onto the lake at Sam Peden Community Park during the annual Senior Games of Indiana this morning. Jessica is the granddaughter of Thelma Bertrand, who coordinates the games for South Central Indiana Council for Aged and Aging Inc.

A BOUNCING BALL — Viola Beyer, a resident of Rolling Hills Health Care Center, concentrates on throwing a ball into a waste basket during the kickoff of the annual Senior Games. Residents from southern Indiana nursing homes gathered at Providence Retirement Home for games and food. Events continue through next Thursday.

Tribune 5/28/92

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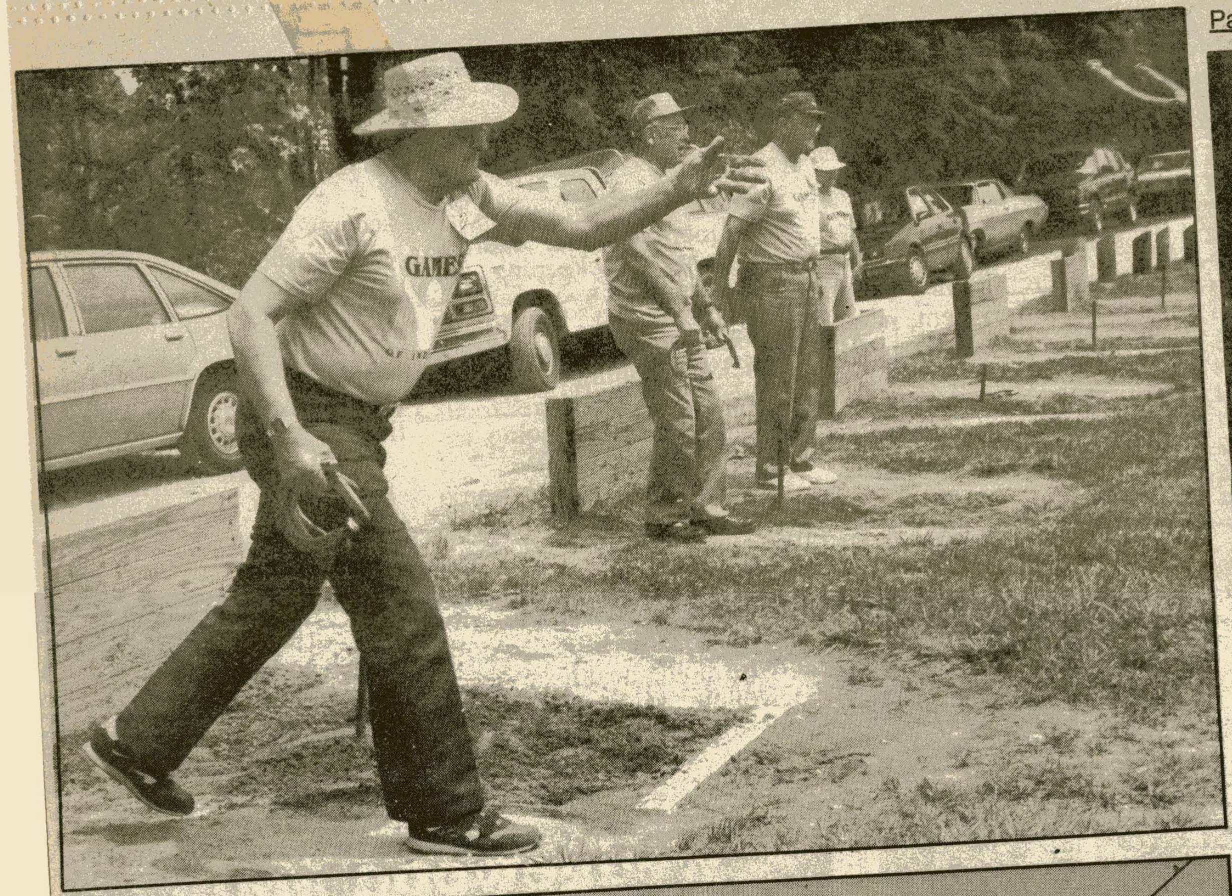
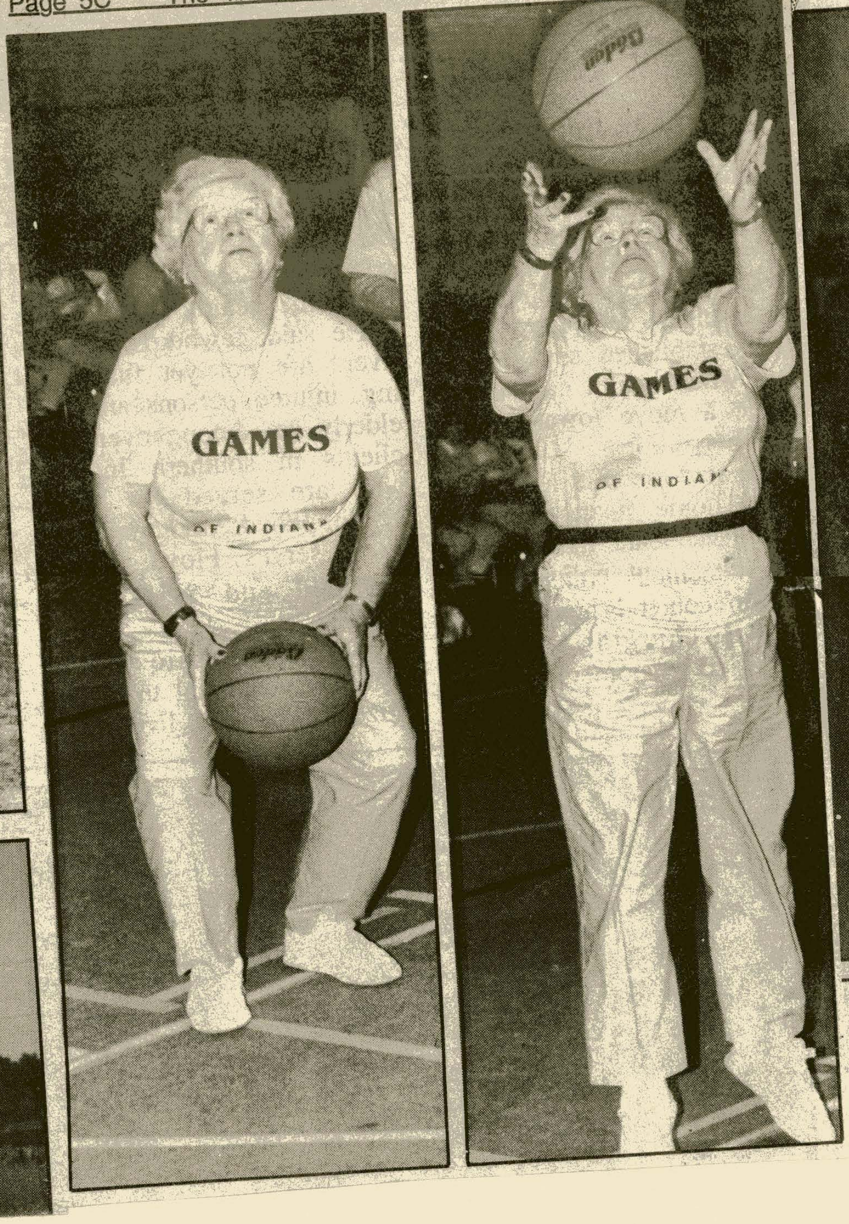
Page 5C The Tribune's Silver Lining, Monday, June 29, 1992





Pictured above right, Gladys Blankenbeker shows her unique form in setting up a basket in the basketball toss; top left, Ralph Rutherford of Scottsburg throws a horshoe at Sam Peden Community Park; at right, Charles Kimes of New Albany helps his granddaughter Jennifer

Dancing the night away

TRIBUNE PHOTO BY CHARLES CONRAD

SENIOR PROM — Area seniors had a chance to show their talents on the dance floor at the annual Senior Prom, sponsored by the South Central Indiana Council for the Aging and Aged, Inc. Monday night. Dancing the night away, at left, are Tom Koch and Edith Wise.

TRIBUNE 6/30/92

The Tribune, Monday, June 1, 1992

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The Tribune's Silver Lining, Monday, June 29, 1992 Page 4C

Senior Games never waddle on having fun

GAMES
OF INDIANA
GAMES

Senior Games of Indiana featured activities for the young at heart. Pictured above New Albany Mayor Doug England and Gwen Scott with Accordia Senior Benefits, which sponsors the

JEFFERSONVILLE, INDIANA 6/30/92 A PARK NEWSPAPER

Seniors swing at the prom

By VALERIE KINCAID
Evening News Staff Writer

Staff photo by Valerie Bott Kincaid

CHARLES AND Bessie Parks, of Jeffersonville, smile for the camera while dancing at the annual Senior Prom at St. Augustine's Church Monday night. The prom was sponsored by the Jeffersonville Parks Department, the South Central Indiana Council for the Aging and Aged, Inc. and the Ken Ellis Center.

They aren't as young as they used to be, but most of the senior citizens who attended the "Senior Prom" Monday night in Jeffersonville proved they could still cut a rug with more grace and style than people a third of their age.

The senior citizens' dance, which was co-sponsored by the Jeffersonville Parks Department, the Ken Ellis Center and the South Central Indiana Council for the Aging and Aged, Inc., gave older people the chance to dance again to classics like "Moonlight Serenade" and "Sentimental Journey."

Edith Wise, of Louisville, and Tommy Koch, 83, of New Albany, said they've been dancing partners for the past five years and try to make it to any dance in the area that features an orchestra and the songs from the Big Band era.

"Today I called Edith and said 'Honey how would you like a surprise'," Koch said.

"I love it," Wise said. "It's so nice. I'm so proud he brought me."

Koch said this kind of dancing beats the way young people dance today hands down.

"It's more graceful, and the way she follows me — she is good," Koch said of his partner.

Flo Adams, of Jeffersonville, said slow dancing is definitely better than the fast dancing that young people do today.

"I like this kind of dancing — together!" Adams said. "It's my kind of music. It's what I grew up with and you can't beat them."

Betty Leist, who came with her husband Robert, said she enjoys these types of dances and thinks they're good for senior citizens because they get "older people to get out and move rather than sitting around on their fanny."

"It keeps you young," she added.

Martha Massey and Evelyn Prather, who came together to the dance, which was held at the parish hall of St. Augustine's Catholic Church, said they get a real kick out of these dances and always enjoy meeting new gentlemen to dance with.

"I'm looking for one if I can," Massey said.

"We just get out and dance if we don't find a partner," Prather said.

Joe Dudley and Ruby Wall, both of New Albany, said they go dancing several times a week at events geared for seniors and enjoy hearing older songs like the ones that were played by the Bob Gilewski Orchestra, which provided the music free of charge for the Senior Prom.

"We love it," Wall said.

"We dance every Friday, Saturday and Sunday," Dudley said. "Wherever there's a dance, you'll find us. We're coming back next year if we're still around."

Jeffersonville Mayor Raymond "Buddy" Parker, who helped present a pair of awards at the dance, said he was amazed by how good several of the senior citizens danced.

"(The senior citizens) put a lot of young people to shame," he said, adding that he saw "some movements out there that you don't see in a Swiss watch."

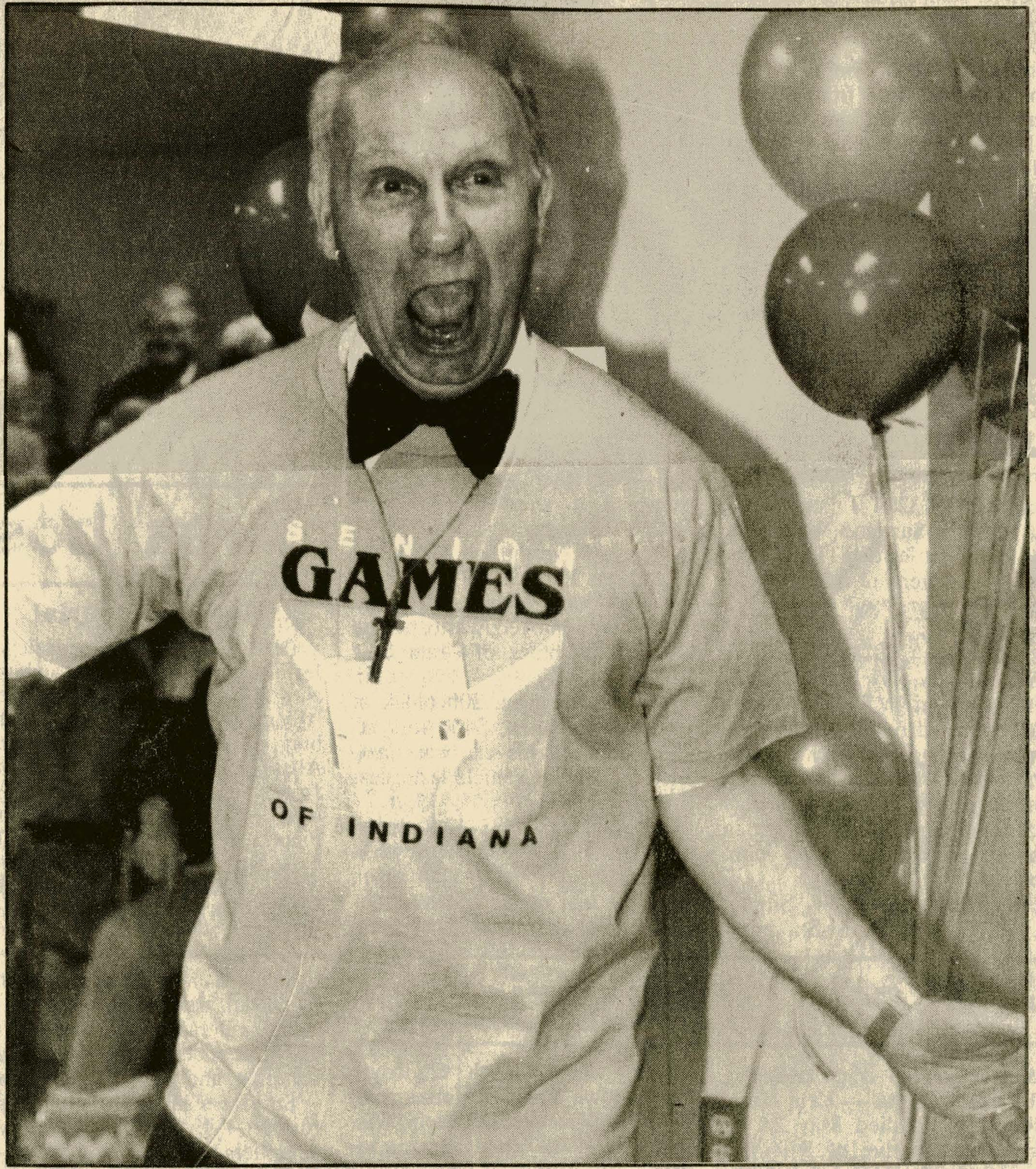
Pat Jewell, executive director of the council for the aging and aged, said this kind of event helps keep older people socially active and involved with other people in their age group.

"These people are so active it's just amazing to me," Jewell said. "You can see the difference (staying active makes in older people)."

In addition to the dancing that went on at the prom, two awards for senior citizens were presented at intermission.

Blanche Wells, of Jeffersonville, was named the Older Woman of the Year, and Fern White, of New Albany, was named the Older Hoosier of the Year. Both women are active in numerous senior volunteer activities.

STRUTTING THEIR STUFF



SHAKING LOOSE — Paul Phelps, 66, tried his hand at the charleston last Friday during the annual Senior Games. The New Albany resident was only one of nearly 100 area residents who attended the dance contest at Providence Place on Elm Street.

Inaugural dance contest

Page 10 – Wednesday, June 10, 1992, THE CORYDON DEMOCRAT, Corydon, Ind.

Seniors will swing to the Bob Gilewski Orchestra

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June 29, 7 to 9 p.m., senior prom at St. Augustine's Parish Hall, 316 E. Maple, Jeffersonville. The Bob Gilewski Orchestra will perform. The first 300 people who pick up tickets at Ken Ellis Center or the South Central Indiana Council for the Aging will get in free.

July 20, 9 a.m. to 1 p.m., "Belle of Louisville Senior Cruise," $6.

Aug. 5, 11:30 a.m. to 3 p.m., luncheon on "The Star of Louisville," $15.

Aug. 12, Indiana State Fair Area 14 Day, Ken Ellis Singers will perform.

Sept. 4, Kentucky Flea Market.

Sept. 14 and 15, two day tour for Ameri-Flora '92, $62.

Oct. 17, 18, 19 and 20, Fall Foliage tour, Gatlinburg, Tenn., $175.

Dec. 7, 8 and 9, Nashville in December, includes Nashville Now, Cheekwood Botanical Gardens, Fox Hollow tour of Tom T. Hall's home, Music Row and entertainment at Opryland Hotel, $85.

For more information, call Sue Johnson at 283-7356.

The Tribune, Thursday, June 18, 1992

Senior Games appreciation

Dear Editor,

Thanks!

A sincere thanks goes to each person who spent money, many hours of organizing and carrying out to weeks of joy, care and interest for the Senior Games of Indiana.

Each creative idea and activity showed your concern and love as it delighted the hearts of each participant. They proudly display the ribbons they won or the laughter and smiles on their faces let all know they were special and loved.

We, in southern Indiana, are proud of all who gave of their time, talent and love during the Senior Games.

Thank you. Happy summer.

Sister Agnes Willhelm,
Providence Retirement Home

The Tribune, Thursday, June 25, 1992 Page 3

OPINION

THE TRIBUNE
Established in 1888

Readers write

Liked the coverage

Dear Editor,

The Tribune has given us excellent Senior Games coverage during the past five years, but this year we were especially grateful and pleased for the many articles and photos, both in the daily Tribune and in the special Silver Linings section.

Your fine publicity certainly was a prime factor in our having our largest games participation. Over 700 seniors, including nursing homes residents, enjoyed the various activities and events.

We would like to give a special thanks to Kathy Dougherty, Don Beck and Cheryl Fiscus of *The Tribune*. They covered many of our contest and our opening and closing ceremonies. Perhaps what the seniors and we both noticed and appreciated were their pleasant and friendly attitudes.

The Gold and Silver Star sponsors, the other contributors — both financial and in-kind — the Senior Games Advisory Council, our staff and the participants are also to be complimented for their role in making Senior Games in Area 14 outstanding and one of the best in the state.

Patricia Jewell,
Executive Director,
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and Thelma Bertrand,
Games Coordinator

JEFFERSONVILLE, INDIANA 6/30/92 A PARK NEWSPAPER

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By VALERIE KINCAID
Evening News Staff Writer

Staff photo by Valerie Bott Kincaid

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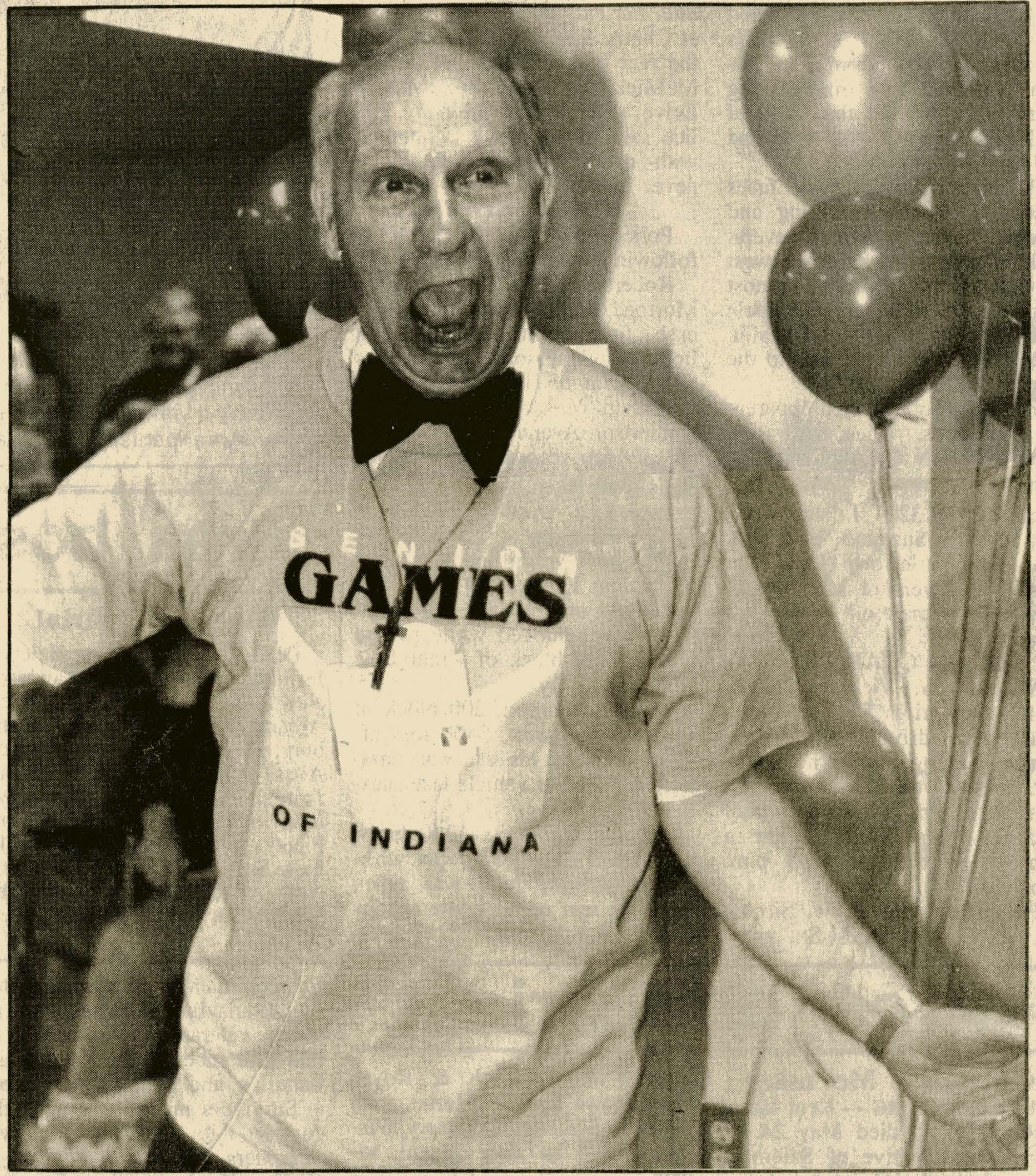
STRUTTING THEIR STUFF



SHAKING LOOSE — Paul Phelps, 66, tried his hand at the charleston last Friday during the annual Senior Games. The New Albany resident was only one of nearly 100 area residents who attended the dance contest at Providence Place on Elm Street.

Inaugural dance contest lets seniors 'cut a rug'

By CHERYL FISCUS
Tribune Staff Writer

Rosalie Russ of Jeffersonville found it difficult to part with her grapes before doing the polka in front of a crowd of nearly 100 Friday.

They cheered her on and clapped to the beat, as Russ, 82, and dance companion Gladys Blankenbeker hammed up their solo act for the judges in a dance contest during the annual Senior Games, which kicked off last week.

After her shot in the limelight, Russ didn't bask in her glory. Instead, she headed straight for the table with the grapes.

This was the first year for the dance contest, which landed over 30 participants. Thelma Bertrand, Senior Games coordinator, said she got the idea from northern Indiana groups that have tried the event.

Bertrand said the first dance contest was more successful than she anticipated. Over 85 people signed up to attend the festivities, making Providence Place on Elm Street look more like American Bandstand.

The dance contest was sponsored by Limmco, Inc., Citizens Fidelity Bank & Trust Co. and the Southern Indiana Council for the Aging and Aged. Sponsors donated many items, including refreshments and money to pay a portion of costs in getting the Louisville-based band Bob Holt & Prime Time.

The band often cracked jokes as the seniors put on their dancing shoes. But that was all part of making everyone feel welcome during the time dedicated to area residents.

Festivities began with an exhibition dance from Silverado — a local country-western dance group. But the crux of entertainment came from local seniors who weren't afraid to strut their stuff.

Seniors participated in dance contests for the waltz, free style, jitterbug, polka, two step, fox trot and the charleston. One woman said free style was her favorite because "you can do what you want to do."

That was key to the day's success. Women danced with women, some danced alone. It didn't matter as long as there was room on the floor.

Dancing has long been a hobby of many local seniors, which contributed to the contest's success. Russ remembers the days when she used to win dance contests, she said.

Mary Oechsle added that she's been dancing for 44 years. The New Albany resident met her husband Paul at a dance during World War II. "I love it," she said.

We, in southern Indiana, are proud of all who gave of their time, talent and love during the Senior Games.

Thank you. Happy summer.

Sister Agnes Willhelm,
Providence Retirement Home

Tribune 6/2/92

ay, June 25, 1992 Page 3

INION

E TRIBUNE
tablished in 1888

write

coverage

given us excellent Senior Games coverage years, but this year we were especially grate- the many articles and photos, both in the the special Silver Linings section.

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Patricia Jewell,
Executive Director,
South Central Council
for the Aging and Aged, Inc.,
and Thelma Bertrand,
Games Coordinator

TRIBUNE PHOTO BY KATHY DOUGHERTY

RAPPIN' SLIDE — Seven-year-old Jordan Wright of Indianapolis performed a rap dance during the closing ceremonies of the Senior Games of Indiana, held at the Knights of Columbus yesterday for between 600-700 southern Indiana seniors. Jordan's father, David Wright, is director of community relations at Accordia, which sponsors the event statewide.

Tribune 6/5/92

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2 Golden Opportunities, Jeffersonville, Ind., Volume I, Publication XXXIV, Tuesday, June 16, 1992

Council for Aging, Aged wins coveted award

The South Central Indiana Council for the Aging and Aged, Inc. has received a distinguished award from the Social Security Administration.

The honorary "Public Service Award" was presented to the council's executive director, Patricia Jewell, by Michael R. Hetzel, Social Security district manager, whose office in New Albany nominated the council for the award.

The council serves elderly residents (age 60 and older) in Clark, Floyd, Harrison and Scott counties, providing such services as nutrition sites and the "Meals on Wheels" program. It also provides case management, senior employment programs and some transportation services for the elderly.

In addition, the council has an extensive information and referral service. In brief, if the council can't help someone, it makes referrals to someone who can.

Two of the council's best-known community service projects are the "Senior Citizens Angel Tree," which provides Christmans gifts to homebound elderly and those in nursing homes, and the "Senior Games," which provide various competitions for the elderly — everything from "husband-calling" to dance contests.

According to Jewell, "The council's commitment to meeting all the needs of this area's elderly includes being informed about all programs the elderly may be entitled to."

Two years ago, the local Social Security office began working extensively with the council, training its staff to identify needy elderly individuals who might qualify for Supplemental Security Income (SSI) benefits.

SSI is a federal benefit program, administered by Social Security. Monthly benefits may be paid to individuals who are either blind, disabled, or 65 and older if they meet the "need" critieria.

"Many elderly people don't know about the SSI program; others are too intimidated by a government office to apply; and still others don't understand the requirements for SSI," Jewell noted.

The council's case managers and nutrition site staff are well-informed about the SSI program. They screen their clients and refer those who appear to be eligible to the Social Security office. The council's staff can also assist individuals through the application process if they need help.

Information about SSI has been distributed to many elderly individuals through the council's efforts at the Health Fair during Senior Games.

In approving the council's Public Service Award, SSA's regional commissioner in Chicago, Paul Barnes, wrote: "The council should be honored for their outstanding public service in explaining and publicizing the SSI program to the elderly."

Heltzel stated, "The council's staff is able to go where we often cannot — face-to-face with the people. Social Security has many special SSI Outreach projects where we try to reach individuals who may be eligible for SSI, but because SSI is for very low-income individuals, newspaper articles and radio programs don't always reach our target audience.

"On the other hand, the council is often dealing with these very individuals one-on-one and can get the message about SSI right to the people."

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12 Golden Opportunities, Jeffersonville, Ind., Volume I, Publication XXXIV, Tuesday, June 16, 1992

Ken Ellis Center: It's th o be!

Attention seniors! Are you interested in activities, fellowship, fun and good food? Look no farther: The Ken Ellis Senior Opportunity Center, 211 Martin Circle, Jeffersonville, is the place to be.

Sponsored by the South Central Indiana Council for the Aging & Aged, Inc., Jeffersonville Parks & Recreation Department and Clark County United Way, the center also provides spiritual awareness, exercise, shopping, arts and crafts, bingo, trips and other activities for seniors to enjoy.

If you like to sing, join the choir which provides entertainment to local nursing homes.

Grab your dancing shoes and come to the Annual Senior Prom Monday, June 29, from 7 to 9 p.m. at St. Augustine Parish Hall, 316 Maple Street, Jeffersonville. Bob Gilewski Orchestra will provide the music and admission is free to the first 300 seniors.

Cruise with the seniors on the Belle of Louisville Monday, June 20. Cost is $6 per person and transportation will be provided.

On Wednesday, Aug. 5, eat lunch while cruising on the Star of Louisville. Cost is $14 per person and transportation will be available. Sign up now because reservations are limited.

On Wednesday, Aug. 12, seniors are traveling to Indianapolis to attend Opening Day at the Indiana State Fair. The Ken Ellis singers will perform, accompanied by pianist Harold Chance. The cost of the trip has not been determined, but further information may be obtained by contacting Sue Johnson at 283-7356.

Another special event is Ameri Floral '92 in Columbus, O., Sept. 14-15. Sign up now to attend. This two-day tour costs $62 per

Hollow at Tom T. Hall's
ome and Music Row and
njoy "Nashville Now."

A big salute to all seniors
nd volunteers who give
eir time and energy to
ake these activities suc-
ssful.

Ken Ellis Senior Oppor-
nity Center is open five
ys a week from 9 a.m. to
p.m. All seniors are
lcome to attend.

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10 Golden Opportunities, Tuesday, July 21, 1992.

Don't miss August 12 trip to Ind. State Fair

South Central Indiana Council for the Aging & Aged, Inc., is sponsoring Area 14 Day at the Indiana State Fair on Wednesday, Aug. 12. Local entertainers will be featured in the Senior Citizens Building throughout the day.

The trip is open to persons age 55+ who are residents of Clark, Floyd, Harrison or Scott counties. Air-conditioned charter buses will leave various pick-up points at 8 a.m. (EDT) and will return at approximately 7:30 p.m. (EDT).

The trip fee is $13 which includes transportation and admission ticket. The fee does not include meals and cannot be refunded. Reservations are now being accepted at the Council on Aging office, 134 E. Main St., New Albany, Monday-Friday 8 a.m.-4:30 p.m. or at the Ken Ellis Senior Center, 211 Martin Circle, Jeffersonville. A limited number of seats is available on a first-come, first-served basis.

Several new programs being offered at the fair this year are:

*"Ask The Pharmacist" — professional advice on prescription and non-prescription medicines.

*Nutrition Screening — registered dieticians and nutritionists will interpret scores from your personal checklist.

*Consumer Workshops: "Qualified Medical Beneficiary" (QMB), "Handyman Harold" and "How You Can Make Financial Services Work For You" will be held on selected dates. In addition, a Healthy Recipe Contest will be held on Aug. 22.

Indiana residents over the age of 60 may enter the State Fair Art Contest. Each exhibitor will be allowed one entry which must have been completed by the artist after age 60. Previous entries are not eligible. There is no entry fee. Categories are: painting, sculpture and photography. Ballots will be cast by visitors to the Senior Citizens Building to determine "The Most Popular" award.

For more information on the State Fair trip, the Art Contest or dates of the special programs, contact Earlene Bennett at 948-8330 or Sue Johnson at 283-7356.

Corydon Democrat
6/17/92

Meeting focuses on CHOICE home care plan

South Central Indiana Council for the Aging and Aged Inc. will sponsor a meeting tomorrow for agencies and organizations interested in providing services under the CHOICE Home Care Program.

The program is designed to provide homecare for eligible elderly and disabled in Clark, Floyd, Harrison and Clark counties.

Services to be funded include homemaker, attendant care, respite care, adult day care, home health services, home delivered meals, transportation, health equipment and supplies, and other services like lifeline, minor home modifications and therapies.

The meeting will begin at 9 a.m. at the New Albany/Floyd County Library at 180 West Spring Street in New Albany. For more information, call Vickie Medlock, in-home services/advocacy director, at 948-8330.

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Flair December 23, 1992 The Corydon Democrat

Betty Foreman of Crandall (far right), site manager of the South Central Indiana Council for the Aging and Aged's elderly nutrition program based at Epiphany Lutheran Church in New Salisbury, prepares hot lunches that Ramsey's Marjorie Henriott (left) will deliver.

Hot meals,

At left, Henriott delivers a hot lunch to a man in New Salisbury. Below, at her last stop of the day,

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Wednesday, December 23, 1992,

Hot meals, warm hearts

(Continued from front page)

take your place?" she asks Henriott.

"No, not yet."

"They better, because I can't cook," the lady replies, laughing.

Then, current events enter the conversation.

"They're talking about closing the post office (in Bradford)," the lady says. "If they close, I don't know what I'll do."

Henriott visits for a minute, then it's back outside, into the cold December air.

She drives back to S.R. 135.

"This next stop, a lot of times the man isn't around to answer the door," she says. "If he doesn't answer, I just leave it inside the door."

A crowing rooster greets the car, then a dog, as Henriott approaches the farmhouse and leaves the meal.

Over the years, she's been asked to get mail, chase wayward dogs, empty trash, open medicine, and help figure out which pill is the right one.

"There's a lot of little errands they want you to do," she says, "and you'll do them if you have time or not."

Most of the people who get meals delivered are on fixed incomes and unable to get around.

Mike Whooley, formerly with the Harrison County Health Dept., directs the nutrition program. He says having meals delivered is all that keeps some people out of nursing homes.

"That's the biggest fear for most of them," he says.

"Often we provide the eyes and ears for families of elderly. If we get there and find them in trouble, we can call someone and let them know. Families feel better knowing someone is checking on them daily."

Henriott doesn't seem like the type to become emotionally attached to the people on her route, but it's obvious there is a relationship.

"After this long, you get to know them pretty well," she says.

Most of the food recipients seem genuinely glad to see Henriott, but there are no hugs or other signs of affection.

Then there is the inevitable matter of her clients going into nursing homes, or dying.

"It's one of the hardest parts of the job," site director Betty Foreman says. "People come and go. It's not easy. We're like a family. When you lose one, it hurts."

Foreman, of Crandall, began working at the meal site 12 years ago. A personal tragedy encouraged her to reach out and help others.

"I lost my son Danny to cancer in 1980," she says. "He was 18 years old, and he died on graduation day.

"Being at home was too much — the walls were closing in on me. I needed to do something, so I got involved with the elderly. It's therapeutic."

Henriott's last stop is in Crandall, where another dog greets the car and a tall, rangy man seems glad to see Henriott.

Inside, as at many of the stops, the television blares, and the bedroom woodstove has the temperature in the Bahamas range.

The man, who winks as he says he can't remember if he is 58 or 85, has had meals delivered since a hospital stay.

"My wife passed away seven years ago," he says. "This helps out a lot.

"When they deliver lunch, I don't have to do dishes."

Henriott has now finished her route. She's been gone just more than an hour and a half before she returns to the site, unloads her car, and sits down for her own lunch.

She doesn't think delivering meals is especially signficant.

"I never give it a thought," she says. "I'm just glad they get their meal. I may need it, too, so I don't mind helping."

Atkins is similarly modest.

"It gives you a feeling you're doing something good," he admits. "But I never felt I was owed anything.

"The hardest part of giving it up is that I miss the people," he says. "It kind of bothers me that Marge is having to do it all by herself. I hope they find some volunteers soon."

Atkins still visits the site every day, for lunch and euchre games. He always pays a bit extra for his lunch, to help out.

"I believe the program is worthwhile for the older people to get together and leave their troubles at home," he says.

Others who have worked with them know the pair's contributions are significant.

"I think we got spoiled with Oliver and Marge," Foreman says. "I couldn't ask for better volunteers."

"They will really be missed," Whooley agrees. "You don't find them like that much anymore."

"A lot of people would have gone without meals if it weren't for them."

'It's getting harder ...to find volunteers'

(Continued from front page)

Whooley said arrangements may be made to suit varied schedules.

For example, Oliver Atkins and Marge Henriott, who shared the New Salisbury route for more than 10 years each, alternated weeks. They also filled in for one another when one had a conflict.

"It's getting harder and harder to find volunteers," Whooley said. "A lot of people who could and would like to do it have full-time jobs, and others who would do it just can't handle it physically.

"We need some of the younger senior citizens to do it."

Site manager Betty Foreman agreed.

"If we could just get people for one day a week, or a month, it would really help," she said. "It's hard to find volunteers. I know they're out there. It's just finding them."

There are two sites in Harrison County, in Corydon and New Salisbury. The New Salisbury site (which originated about 16 years in Frenchtown) serves 15 to 20 "congregate" meals daily, while eight to 10 are delivered.

At the Corydon site, located at 123 Mulberry St., about 50 people come in daily to eat, while about 20 to 25 are delivered. Stanley Miller is the driver.

To qualify for the program, people must be 60 or older. Anyone who is able to pay for the meals is charged $3.25; if they can't pay the full price, they pay what they can afford.

People under 60 can come to the site and pay for the meal.

The meal sites are more than places to eat. Various health organizations visit regularly to perform such services as blood pressure tests, cholesterol screenings, eye examinations and so on.

Visitors also play cards, work puzzles, work with crafts, and just about anything else they like to do.

"They look forward to the fellowship," Whooley said.

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4 Golden Opportunities, Jeffersonville, Ind., Volume I, Publication XL, Tuesday, December 15, 1992

Senior Citizen
ANGEL
TREE

SENIORS REMEMBERED AT YULETIME — A senior citizens Angel Tree is being sponsored at the Green Tree Mall by the South Central Indiana Council for the Aging and Aged, Inc., and the Salvation Army. Christmas gifts are being donated for elderly residents by persons accepting names of seniors placed on the tree (in background). Signing up would-be donors and accepting gift items are, from left, Thelma Bertrand, coordinator of the project; Marilyn Reynolds, community relations director for the John Kenyon Eye Center; Dr. Maurice John; and John Gleitz.

Flair December 23, 1992 The Corydon Democrat

Features Weddings Engagements Opinions Letters TV Key

Betty Foreman of Crandall (far right), site manager of the South Central Indiana Council for the Aging and Aged's elderly nutrition program based at Epiphany Lutheran Church in New Salisbury, prepares hot lunches that Ramsey's Marjorie Henriott (left) will deliver.

Hot meals, warm hearts

At left, Henriott delivers a hot lunch to a man in New Salisbury. Below, at her last stop of the day, Henriott talks with an 85-year-old client in his Crandall kitchen. Bottom: Henriott laughs with driver Oliver Atkins, with whom she has shared a route for 10 years. Both are calling it quits.

Two volunteers retire after decade of delivering food to homebound elderly

By CARY STEMLE
PHOTOS: RANDY WEST

Marge Henriott bounces down the steps, jumps in her Ford Taurus and sets out on the route she has driven hundreds of times before.

The winter wind is unkind on this first Wednesday of December, but Henriott has places to go and people to see. They're waiting on her.

Her mission — to deliver hot meals to homebound elderly people — is simple.

Her route, however, is not.

It begins at the South Central Indiana Council for Aging and Aged's meal site at the Epiphany Lutheran Church in New Salisbury.

From there, she travels northeast to Bradford, then over to Palmyra, west to Ramsey, back to New Salisbury and, finally, to Crandall.

Before she has her own lunch, Henriott will drive 38 miles to deliver eight meals.

"You meet yourself going and coming," says Henriott.

She and Oliver Atkins have helped feed the homebound elderly in the northern part of Harrison County for more than 10 years.

Atkins started first and Henriott joined shortly afterward, to give him a hand. A decade later, to their surprise, they were still at it.

"I never thought I'd do it" this long, Henriott says.

Time is catching up with the volunteers. It's against their nature but both have decided to let others take over.

Atkins' last day delivering meals was Nov. 30. Henriott has notified site manager Betty Foreman of her intention to resign, but last week she continued delivering meals until new volunteers are secured.

"It was getting a little slippery underfoot," says Atkins, 76.

"I wanted to get out before winter, when the roads and sidewalks may be slippery. I think younger people can do a better job."

Henriott concurs.

"I hadn't thought much about taking it easy until recently," says the Harrison County native, a custodian at North Harrison Elementary School.

"But I need to slow down."

The meals are provided by the South Central Council, which derives its operating expenses from federal and state funds and private contributions.

Harrison County belongs to Area 14, which also includes Floyd, Clark and Scott counties. The area has 15 meal sites for people who are able to come for lunch; those who can't get around may meals delivered (see story below right).

The food is prepared by ARA Services, a caterer located near Columbus. It is transported each day to the various meal sites, where the site manager and volunteer workers serve those who come in, and put it into styrofoam containers for home delivery.

Today's menu is a cheeseburger, baked beans, salad and pears. The only special dietary provisions are sugar-free desserts for diabetics.

Henriott moves at a good pace, lest she be fussed at for being late. That's difficult because most people on the route like to talk.

"You can't spend too much time with each person because you have to move on," she says. "They're all nice. They just want to talk and find out the latest. They don't get out much."

At her second stop, in Bradford, Henriott takes lunch to a woman who just recently asked to have her food delivered, after her eyesight began failing.

"Have they found anyone to

(Please turn to page 5)

'It's getting harder ...to find volunteers'

If you would like to be a volunteer driver for the homebound meals program or want to know more about it, call Mike Whooley, nutrition director for the South Central Indiana Council for the Aging and Aged.

Whooley can be reached at the council's New Albany office, 1-948-8330, or you can call the Corydon meal site, managed by Dimple Smith, at 738-3065.

In January, the New Salisbury site will move from the Epiphany Lutheran Church to the New Salisbury United Methodist Church.

Volunteers are not paid, but they're reimbursed for mileage. It usually takes about two hours to complete a route.

(Please turn to page 5)

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The Tribune's Silver Lining, Monday, December 28, 1992Page 6C

SEASON TO GIVE — Students from Prosser Vocational Center recently collected gifts for the Senior Angel Tree program. From left are Sherrill Williams, with South Central Council on Aging and Aged Inc., students Doris Taylor, Belinda Ellis, and Marci Rainbolt.

photo by Don Beck)

The Tribune, Tuesday, Jan. 12, 1993

AARP officials

Floyd County chapter of AARP #3217's new officers for 1993 are, seated from left: Jane E. Gleitz, president; Thelma Bertrand, first vice president; Kathleen Burke, second vice president; Edward J. Dean Sr., recording secretary; Ruth Cole, treasurer; and Marguerite Stamper, one-year director. Back from left: Clarence Tellis, Gayle Eckerty, one-year directors; Marguerite Dean, Fern White, two-year directors; Willie Canter, nominating committee; Harry Schultz, three-year director; Betty Drescher, two-year director; Audrey Deem and Elizabeth Lloyd, nominating committee.

(Tribune photo by Don Beck)

Learning to serve

The Floyd County Human Services Association's new 1993 officers are, from left, Frances Hunter-Able of South Central Indiana Council for the Aged and Aging, president; Steven Day of New Albany-Floyd County Public Library, vice president; Rosella Catlett of Personal Counseling Service, secretary; and Kadie Engstrom of the Kentuckiana Girl Scout Council, treasurer. The council is made up of area profession people working together to learn about other area agencies.

(Tribune photo by Don Beck)

JAN / 1993 Tribune

The Tribune, Tuesday, Jan. 19, 1993

farewell

Dear Editor,

It is always timely to say thank you to those who have been so supportive of the South Central Indiana Council for the Aging and Aged, Inc., and to the many who have personally helped me during my 11 years as executive director and the remaining nine years as Senior Games coordinator and part-time Health Services director.

For those who are unaware of how the agency started, Mayor Warren Nash and Mayor Richard Vissing submitted an application in 1972 for a grant to develop a nutrition program in our area. The nutrition appropriation bill had not been passed, but as there was a strong inclination that President Nixon would sign it, our mayors wanted to be sure southern Indiana would receive its share of funding.

An $18,300 planning grant was approved, and on Jan. 2, 1973 the Council on Aging was officially established. I became its first director. The bill was passed in September 1973 and we opened six sites in Clark, Floyd and Harrison counties in October. Scott County was added shortly thereafter.

The history of how the many programs have been added, the funding increases and the wonderful cooperation of the officials, companies, agencies, organizations and individuals would be an interesting narrative.

After 20 years, I have made a very thoughtful and painful decision to no longer serve as Health Services director and Senior Games coordinator. This will free my time to pursue other interests.

I have such a warm feeling of gratitude and appreciation to Patricia Jewell, executive director, and the board of directors for an opportunity to continue to work in the field of aging following my resignation as director. They couldn't have been nicer; Pat and her staff are loving, caring people.

I am also very appreciative of the Gold and Silver Star contributors and other donors to Senior Games, the Senior Games Advisory Council, the Senior Citizen Angel Tree Advisory Council, the Salvation Army as co-sponsor, the volunteers, organizations, companies and individuals who donated to this worthwhile project and the news media which played such an important role in publicizing our events.

Again, bless all of you for helping make my life so happy and fulfilling.

Thelma Bertrand,
New Albany

Twenty years of dedication

Bertrand not sure if she'll like life of leisure

By KATHY DOUGHERTY
Tribune Staff Writer

READY TO SETTLE DOWN - After 20 years with South Central Indiana Council for the Aging and Aged, Inc., Thelma Bertrand is leaving her duties with the agency.

(Tribune photo by Kathy Dougherty)

FOR Thelma Bertrand the biggest question she has about leaving the South Central Indiana Council for the Aging and Aged Inc. is whether she'll like retirement.

After 20 years with the agency — serving as its first director for 11 years — Bertrand has decided to devote more time to other community ventures and traveling. Since retiring as director, Bertrand has served part-time as health services coordinator.

Bertrand is considering accepting a public relations job that would allow her freedom to spend time however she chooses.

For many seniors, Bertrand is a sign of encouragement, urging them to stay active. For the Council on Aging, she coordinated the annual Senior Games, which brings a recreational forum for older adults.

Twenty years ago, Bertrand became the first director of the agency under an $18,300 planning grant, sought by then New Albany Mayor Warren Nash and Jeffersonville Mayor Richard Vissing. "She jumped in with both feet and opened six nutrition sites simultaneously," Pat Jewell said.

With few resources, Bertrand worked in a tiny office with chicken wire serving as the wall, Jewell said. One of Bertrand's proudest feats during that time helped her realize her sense of persistence.

Bertrand said she wanted to get a van to transport senior citizens. Indiana's Commissioner on Aging told her $65,000 was available. While Bertrand was writing her proposal, the commissioner informed her someone else was applying for the grant so they could split the money.

Bertrand had to refigure her proposal to cut costs in half. Then she learned she had received the entire $65,000 after the other agency was denied the money. She bought a used van from realtor Cora Jacobs.

"When that van pulled up I felt like I conquered the world," Bertrand said. "Now to think we have these new vans with wheelchair lifts — my little old van would look dinky next to them today."

Starting last Christmas, Bertrand, as a volunteer, worked as prime coordinator with Salvation Army for the Senior Angel Tree program. Her work for Senior Angel Tree and the Council on Aging helped to bring gifts to 624 homebound seniors and nursing home residents this year.

Even with all her accomplishments, Jewell will miss Bertrand's laugh. "Even above all that I'm going to miss her wonderful sense of humor and ability to tell jokes," Jewell said.

After taking a trip to Europe, where she often worried whether the tasks she completed before she left would be carried out, Bertrand considered allowing herself more freedom.

Her biggest fear about retirement, is "What if I don't like it?" Many, including Jewell, are telling her she'll wind up being busier than ever. "Hopefully she is able to take the time and do the things that she so justly deserves to do," Jewell said.

But Bertrand doesn't plan to rest on her laurels. "You know I'm not going to stay home," she said.

Jan /93

PSI Energy to Accept Helping Hand Applications

PSI Energy has began taking applications for its "Helping Hand" winter energy assistance program.

Through the program, customers who meet federal income guidelines and are at least 60 years old or disabled are eligible for assistance. They can receive up to $30 per month in matching funds to help pay electric bills February through April.

PSI shareholders have contributed $110,000 to help fund the Helping Hand program. The company is also asking customers to join it in assisting those in need through voluntary, tax-deductible Helping Hand contributions. Customers will receive more information with their February electric bills.

Helping Hand is co-sponsored by the Salvation Army in cooperation with local churches and service organizations. To apply for aid, eligible customers must go through a sponsoring organization. Sponsors are on file at local PSI offices.

Tax-deductible donations to Helping Hand can be made at any PSI Energy office or by mail. Check payable to "Helping Hand Fund" should be sent to: Helping Hand, 1000 E. Main St., Plainfield, IN 46168. All money donated to the program goes to aid customers.

CHRONICLE, Saturday, February 6, 1993

Area 14 to be Given OVO Van

Scott County Commissioners voted to give away a van purchased by the county and used by the now-defunct O.V.O. Senior Citizens program.

Ohio Valley Opportunities no longer has the funds to operate the program for senior citizens. The van has been parked at its office in Madison for several months.

With the action Monday, the van will be presented to the Area 14 Council for the Aging and Aged Inc. Senior citizens active in Area 14 programs will have use of the vehicle, officials decided.

Area 14 supports two senior day facilities - the Scottsburg Senior House and the Jennings Township Senior Citizens Center in Austin.

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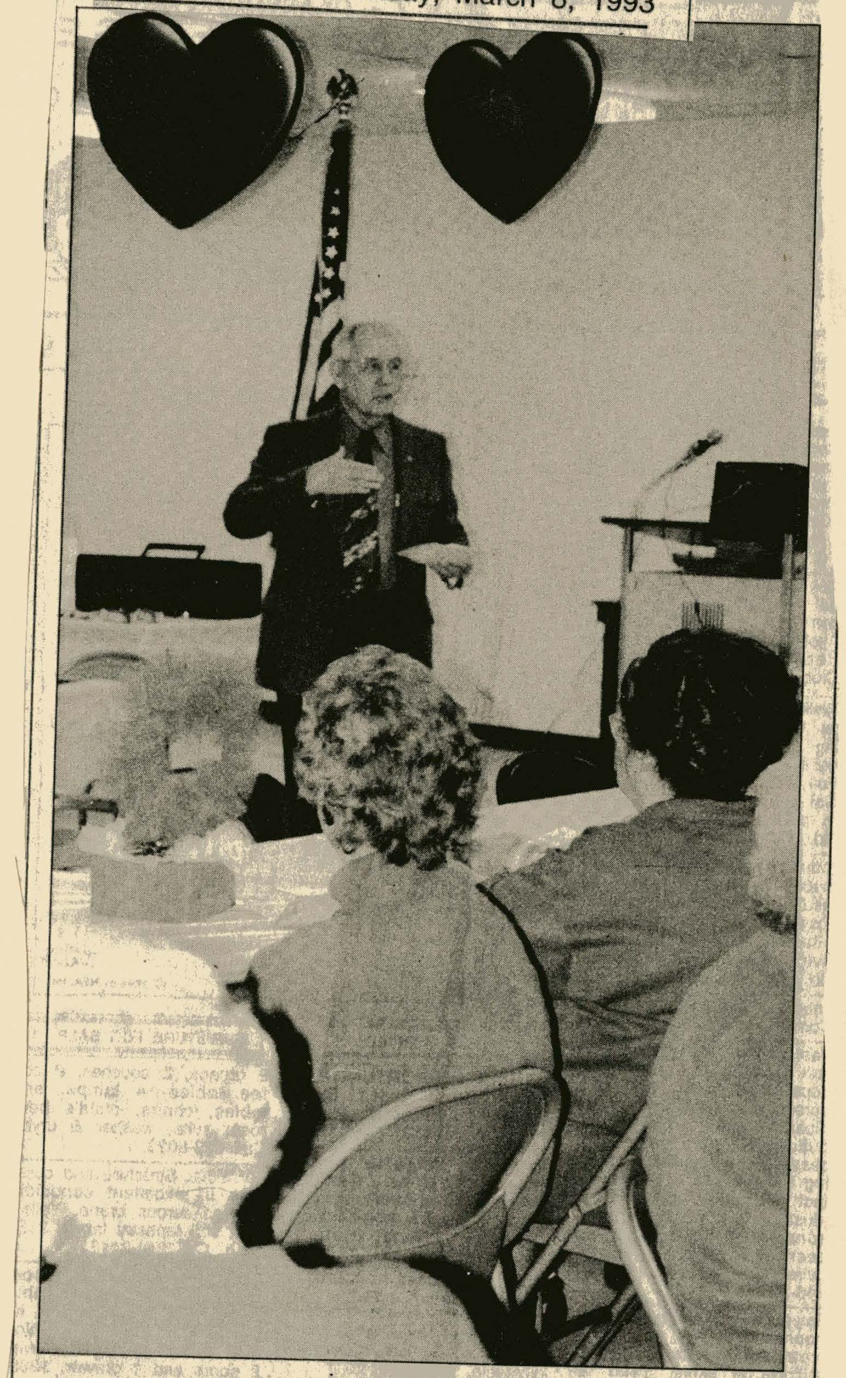
S.C. Journal 2/93

THE BANNER-GAZETTE, Wednesday, February 3, 1993

The Tribune, Monday, March 8, 1993



Sign of their times

Bob Willman, who served as an Army Colonel in World War II, recently spoke to members of the Ken Ellis Senior Center. Willman speaks to such groups often, leading people who grew up or fought in World War II on a trip through their past with stories and music of the era.

(Tribune photo by Dave Davis)

Wednesday, February 3, 1993, THE CORYDON DEMOCRAT, Corydon, Ind. – Page 13

Helping Hand offers aid to elderly/disabled electric bills

The Helping Hand program offers financial assistance (up to $30) to income eligible elderly (age 60 and over) and/or disabled persons to help pay their electric bills. The program is sponsored by PSI Energy and the Salvation Army.

To be eligible applicants must be residential customers of PSI Energy with responsibility for paying their own electric bills; be 60 years of age or over and/or disabled; and be income eligible:

Number in Household	Annual Income	Monthly Income
1	$ 8,513	$ 709
2	11,488	957
3	14,463	1,205
4	17,438	1,453
5	20,413	1,701

*Call for additional income information

Applications will be taken during February, March and April. Eligible applicants can call for an appointment and bring their unpaid electric bills and proof of income (check stubs, W-2 forms, Energy Assistance approval, direct deposit bank statements, etc.) when applying each month. Applications will be taken at the Harrison County Community Services on West Walnut Street. For more information call 738-8143.

THE SCOTT COUNTY JOURNAL and THE CHRONICLE, Saturday, February 6, 1993

Helping Hand Program to Start

The Helping Hand program will start on Feb. 1. It is sponsored by PSI Energy and the Salvation Army and offers financial assistance (up to $30) to income-eligible elderly (age 60 and over) and disabled persons to help pay their electric bills.

To be eligible, applicants must be residential customers of PSI Energy with the responsibility for paying their own electric bills.

Applications will be taken from February through mid-March. Eligible applicants in Scott County may make appointments at the Ohio Valley Opportunities office in Broadlane Trailer Park in Scottsburg by calling Mike Love at 794-2914 or Pat Amos at 752-3146.

Applicants will need to bring unpaid electric bills and proof of income when applying each month.

The Tribune, Thursday, Feb. 4, 1993

FEELING GRATIFIED — Mary Sherrill, 93, accepts a meal from volunteer delivery man Harold Aldridge for the Elderly Nutrition Program, sponsored by the South Central Council for Aging and Aged Inc. (Tribune photo by Kathy Dougherty)

Delivering good will

Volunteers make sure local senior citizens get their meals

By **KATHY DOUGHERTY**
Tribune Staff Writer

> ***"I feel like I'm contributing because one of these days I might be wanting someone to bring something to me."***
> Harold Aldridge
> volunteer delivery man

SPENDING extra time to deliver meals to homebound elderly doesn't bother volunteer Harold Aldridge of Sellersburg.

But knowing that those senior citizens are getting their meals later in the day than usual does. So, he told Mike Whooley, coordinator of the Elderly Nutrition Program for the South Central Indiana Council for the Aging and Aged Inc., that more volunteer deliverers were needed.

Whooley said he usually tries to send out a message for more volunteers via word of mouth to other social service agencies, such as the Retired Senior Volunteer Program (RSVP).

For some reason, the number of volunteers to deliver meals to area homebound residents has declined, Whooley said. Comparing last year's mileage sheets turned in by volunteers to this year's, Whooley guesses that the number has dropped from 110 to 90 in Clark and Floyd counties.

The Elderly Nutrition Program serves seniors at public residential housing complexes and those who are homebound. Volunteer deliverers haul food in their vehicles from the nutrition sites. Overall, the program feeds 400 homebound elderly and 300 at the congregate sites.

Whooley noted the sites with the most desperate needs for volunteers are Yellowwood Terrace in Clarksville and Mark Elrod Towers in New Albany.

Whooley cites the volunteers' ages as one reason for the drop in numbers. Many who deliver lunches during the day are retired. They take vacations or age eventually hinders their abilities to deliver the meals.

One volunteer who brought the need for more delivery people to Whooley's attention was Aldridge, who is retired. Two to three times a week, Aldridge loads his van with meals from Mark Elrod Towers then drives to the New Albany homes of senior citizens who are unable to fix their own meals.

"Sometimes when they don't have enough help I do double delivery," he said. But he said he doesn't like the fact that those on an additional route he takes on are getting their meals later than usual.

Aldridge, 58, began volunteering when he heard his ex-mother-in-law complain about not receiving her meals on time.

On a recent Monday, Aldridge ran his regular route of 12 deliveries. He said he does not find the job depressing in any way. Each person expressed thanks to Aldridge for bringing him or her a meal. Alma Stoy said of Aldridge, "He's nice. He's polite."

For Aldridge the reward is gratification that he's helping others who are unable to do for themselves. "I just like helping people," he said. "I feel like I'm contributing because one of these days I might be wanting someone to bring something to me."

Page 3C The Tribune's Silver Lining, Monday, Feb. 22, 1993

Helpful state wide program gives seniors another CHOICE

MARK CLARK
Tribune Staff Writer

JAMES Smith, 69, of Clarksville, suffers from left-side paralysis — the cruel result of a stroke — and is confined to a wheelchair.

His wife of 49 years, Dorothea, cared for him in their home until she died a few months ago. After her death, Smith feared he might have to enter a nursing home.

But he's still living independently, thanks primarily to the 6-month-old CHOICE program.

"I couldn't have done it without them," Smith said. "They provided me with house keeping and tender care. It's enabled me to stay in my home instead of going to a nursing home, which is a great advantage."

Smith is just one of 40 people in Floyd, Clark, Harrison and Scott counties aided by Community and Home Options to Institutional Care for the Elderly and disabled (CHOICE) since the program was expanded state wide last July. The program is administered locally by the South Central Indiana Council for the Aging and Aged, Inc.

"We're extremely pleased

Medlock said by far the most popular service CHOICE provides is respite care — part-time help which allows spouses or other family members who may be caring for a disabled or elderly person to take a break and, in some cases, even hold part-time jobs.

"It helps them just to have a break, so the stress is not so great," Medlock said. At least half of the people aided by CHOICE receive respite care, she said.

Another popular service is attendant care, where an attendant stays from four to six hours per visit with an elderly or disabled person who is living alone, preparing meals, doing light housework and sometimes helping them bathe. Smith received respite care from CHOICE until his wife died; now he receives attendant care.

"It's more than just a sitter service," Medlock said. "It meets the basic human needs of that individual."

Other common services include homemaker services, for elderly persons who have difficulty keeping up their residences, and home health care, from registered health care providers such as the Visiting Nurse Association.

"CHOICE has really been a gap-filler for us," Medlock said. "It helps us fill in those gaps where other (funding) programs leave off. Medicare will pay for short-term recuperative services, two or three weeks after a hospital stay, for instance. ...But if a patient isn't recovering from a broken hip quickly enough, we can find the funds to continue services for another two or three weeks."

Medlock said there's a 40-applicant backlog of potential clients seeking case management assessments, to learn if they can be helped by CHOICE. About one of four applicants receive CHOICE aid, she said. The rest are helped through other programs. Medlock said she didn't anticipate so many people would apply for CHOICE.

"The demands for service has been greater than we anticipated," she said. "What we thought would be an initial influx has continued. We probably will always have a waiting list, that's just a sign of the times."

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ALBANY, N.Y. (AP) — Constant headaches, grogginess and "an overall yuck feeling" made the last three winters miserable for Ann Marie Pepe.

But this year is different. Pepe is breathing freely and feeling "absolutely wonderful," thanks to a new surgical technique that does for sick sinuses what arthroscopic surgery does for ailing knees.

"It's such a miracle," says Pepe. "I'm becoming me again."

Pepe suffered from chronic sinusitis, an infection or inflammation in the sinuses. It's a common ailment. The National Center for Health Statistics lists sinus disease as the nation's most common chronic ailment, affecting more than 33 million Americans.

In addition, sinus problems seem to be increasing, said Dr. David Kennedy, a pioneer in diagnosis and treatment of sinusitis. Some say air pollution is to blame. Dr. Robert Ivker, author of the

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Courier - Journal 3/23/93

Funding crunch causes elderly to miss meals

By JENNIFER DIXON
Associated Press

WASHINGTON — Thousands of elderly Americans, home alone and too frail to cook, can't get hot dinners because meals-on-wheels programs across the country are strapped for cash.

In Detroit alone, 1,500 seniors are waiting to get into a program that delivers 1,350 meals a day. The average wait is six months to a year.

Neighborhood meal sites are also shutting down by the dozens as federal spending on nutrition programs for the elderly fails to keep pace with rising costs and heightened demand from an aging population.

Detroit closed 19 of its 80 sites last year; Baltimore lost 17.

Advocates fear that more seniors could wind up hospitalized or in nursing homes if they have to wait long to get on a meals-on-wheels route. Others may become malnourished if they lose their main meal of the day because of the closings.

Older Americans are at particular risk of malnutrition, said Susan Finn, president of the American Dietetic Association. One-third of people over 65 skip at least one meal a day, and 25 percent have incomes under $10,000 a year, which "lends support to the fact that these programs are essential," she said.

The federal government spent a total of $620.4 million on senior nutrition programs in 1992, an increase of 8.2 percent from 1988. But consumer prices jumped 20 percent in the past five years, and demands for hot-cooked meals grew even faster.

The number of federally funded meals, either delivered or served at local meal sites, totaled about 253 million last year, up from 234 million five years ago, according to figures from the U.S. Department of Health and Human Services.

Many local meal sites and meals-on-wheels programs get federal, state and local funding, as well as donations. Some home-delivered meal programs are privately funded.

Nationwide, meals-on-wheels programs had an average of 85 people on their waiting lists two years ago. The situation has not gotten better, said Gail Martin, head of the National Association of Meal Programs.

In Fort Worth, Texas, if someone gets well enough to use a cane, he or she is taken off the rolls to make room for the latest patient discharged from the hospital.

Neighborhood meal sites have also been hard hit.

A survey by National Association of Nutrition and Aging Service Programs found that 133 sites were closed in 1990, and 137 more were scheduled to be shut down in 1991.

The Tribune, Thursday, Feb. 4, 1993

FEELING GRATIFIED — Mary Sherrill, 93, accepts a meal from volunteer delivery man Harold Aldridge for the Elderly Nutrition Program, sponsored by the South Central Council for Aging and Aged Inc. (Tribune photo by Kathy Dougherty)

Delivering good will

Volunteers make sure local senior citizens get their meals

By KATHY DOUGHERTY
Tribune Staff Writer

> ***"I feel like I'm contributing because one of these days I might be wanting someone to bring something to me."***
> Harold Aldridge
> volunteer delivery man

SPENDING extra time to deliver meals to homebound elderly doesn't bother volunteer Harold Aldridge of Sellersburg.

But knowing that those senior citizens are getting their meals later in the day than usual does. So, he told Mike Whooley, coordinator of the Elderly Nutrition Program for the South Central Indiana Council for the Aging and Aged Inc., that more volunteer deliverers were needed.

Whooley said he usually tries to send out a message for more volunteers via word of mouth to other social service agencies, such as the Retired Senior Volunteer Program (RSVP).

For some reason, the number of volunteers to deliver meals to area homebound residents has declined, Whooley said. Comparing last year's mileage sheets turned in by volunteers to this year's, Whooley guesses that the number has dropped from 110 to 90 in Clark and Floyd counties.

The Elderly Nutrition Program serves seniors at public residential housing complexes and those who are homebound. Volunteer deliverers haul food in their vehicles from the nutrition sites. Overall, the program feeds 400 homebound elderly and 300 at the congregate sites.

Whooley noted the sites with the most desperate needs for volunteers are Yellowwood Terrace in Clarksville and Mark Elrod Towers in New Albany.

Whooley cites the volunteers' ages as one reason for the drop in numbers. Many who deliver lunches during the day are retired. They take vacations or age eventually hinders their abilities to deliver the meals.

One volunteer who brought the need for more delivery people to Whooley's attention was Aldridge, who is retired. Two to three times a week, Aldridge loads his van with meals from Mark Elrod Towers then drives to the New Albany homes of senior citizens who are unable to fix their own meals.

"Sometimes when they don't have enough help I do double delivery," he said. But he said he doesn't like the fact that those on an additional route he takes on are getting their meals later than usual.

Aldridge, 58, began volunteering when he heard his ex-mother-in-law complain about not receiving her meals on time.

On a recent Monday, Aldridge ran his regular route of 12 deliveries. He said he does not find the job depressing in any way. Each person expressed thanks to Aldridge for bringing him or her a meal. Alma Stoy said of Aldridge, "He's nice. He's polite."

For Aldridge the reward is gratification that he's helping others who are unable to do for themselves. "I just like helping people," he said. "I feel like I'm contributing because one of these days I might be wanting someone to bring something to me."

Page 3C The Tribune's Silver Lining, Monday, Feb. 22, 1993

Helpful state wide program gives seniors another CHOICE

MARK CLARK
Tribune Staff Writer

JAMES Smith, 69, of Clarksville, suffers from left-side paralysis — the cruel result of a stroke — and is confined to a wheelchair.

His wife of 49 years, Dorothea, cared for him in their home until she died a few months ago. After her death, Smith feared he might have to enter a nursing home.

But he's still living independently, thanks primarily to the 6-month-old CHOICE program.

"I couldn't have done it without them," Smith said. "They provided me with house keeping and tender care. It's enabled me to stay in my home instead of going to a nursing home, which is a great advantage."

Smith is just one of 40 people in Floyd, Clark, Harrison and Scott counties aided by Community and Home Options to Institutional Care for the Elderly and disabled (CHOICE) since the program was expanded state wide last July. The program is administered locally by the South Central Indiana Council for the Aging and Aged, Inc.

"We're extremely pleased to have the program," said Vickie Medlock, in-home services director for the council. "Clients have never been able to receive the amount and type of services they receive now."

CHOICE is a state-funded $77.2 million program designed to provide in-home care to elderly and disabled persons who might otherwise "slip through the cracks" and have to enter nursing homes. It's money "of last resort," Medlock said; all other funding sources must be exhausted before a client is eligible for CHOICE.

Of the 40 people served by CHOICE so far locally, 27 are senior citizens (over age 60) and 13 are disabled. The youngest client to benefit is 12 years old; the oldest is 94. Two people involved in the program are paying part of costs for their services, but the rest don't pay anything.

Medlock said by far the most popular service CHOICE provides is respite care — part-time help which allows spouses or other family members who may be caring for a disabled or elderly person to take a break and, in some cases, even hold part-time jobs.

"It helps them just to have a break, so the stress is not so great," Medlock said. At least half of the people aided by CHOICE receive respite care, she said.

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eliminates every
excuse for
not wearing
hearing aids.

Beltone's new ClearVoice hearing aid with background noise filter lets you understand voices and conversation clearly - even in noisy places like restaurants.
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Indiana rules on Medicaid get tougher on visitors

By SCOTT WADE, Staff Writer

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For years, elderly Medicaid recipients being discharged from Louisville hospitals often ended up in Southern Indiana nursing homes — at the expense of Indiana rather than Kentucky taxpayers.

A decade-old Kentucky moratorium on new nursing-home beds was squeezing them out, and qualifying for Indiana Medicaid was just about as easy as crossing the river and signing your name.

Louisvillians needing a nursing home "could end up in Pike County, three hours away. We're lucky if we can find them a bed anywhere."

Social worker Ed Wunsch

But now, facing an exploding Medicaid budget, Indiana has thrown up a bureaucratic barricade that is expected to dramatically cut the northward flow of Kentuckians.

Tougher screening of Medicaid recipients is expected to eventually save Hoosier taxpayers millions of dollars that had been spent supporting elderly Kentuckians, and, to a lesser extent, the poor elderly people from other border states.

It's good news for Indiana taxpayers and bad news for Southern Indiana nursing homes, who rely on the business.

"It's been devastating," said Richard Giles, administrator at Hillcrest Healthcare Center in Jeffersonville. "We haven't had one referral from a Kentucky hospital in at least 45 days."

It's especially bad news for elderly Medicaid recipients in Louisville hospitals who are ready to be discharged to a nursing home. Because of a scarcity of Medicaid nursing-home beds in Louisville, the el-

See MEDICAID
Page 17, col. 1, this section

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Verdier and Patricia Jewell, executive director of the South Central Indiana Council on Aging and Aged, questioned why Kentucky has too few nursing-home beds.

The mission of Southern Indiana nursing homes began to broaden in the early 1980s when Kentucky, trying to hold down Medicaid costs, enacted a moratorium on additional nursing-home beds.

A few years later, with the advent of managed health care, hospitals began discharging patients more quickly. That meant more elderly people who could not be cared for at home needed placement in nursing homes, said John Lukin, a social worker who consults with hospitals and helps find nursing homes for patients.

It was only a short time before waiting lists for Medicaid nursing-home beds in Louisville grew.

"There's never enough Medicaid beds in Louisville," Whiteley said.

Hoping to address that problem, Kentucky lifted the moratorium briefly in 1991 and approved 1,100 additional beds, said Brad Hughes, spokesman for the state's Cabinet for Human Resources.

While none of those additional beds were in Jefferson County, state officials hoped the new beds in rural areas would ease crowding in urban areas — and ultimately reduce the need for Kentuckians to cross state lines, Hughes said.

Only about 125 of the additional 1,100 beds have materialized, because nursing-home administrators are waiting out the recession, he said.

With no significant growth expected in the number of Medicaid nursing-home beds in Louisville and with Indiana likely to work even harder to stop the flow from bordering states, Giles wonders where the elderly poor will go.

"I think we've lost focus of what our mission is," he said. "I'm not one to want to cost Indiana more money, but we as a society have an obligation to take care of these people."

The Tribune, Monday, March 29, 1993

VNA's decision

Dear Editor,

This letter is in response to the article appearing in the local digest of the March 12 edition, titled "Hospice training."

We are dismayed that VNA of Southeastern Indiana, a fellow United Way member agency, has chosen to duplicate services that Hospice of Southern Indiana has successfully offered the community for 15 years.

Hospice of Southern Indiana has a rich and meaningful heritage of service to the terminally ill patients and their families in providing compassionate care regardless of ability to pay.

Hospice of Southern Indiana is the largest Hospice in Southern Indiana and the only non-profit, community-based Medicare certified Hospice in the state of Indiana.

The fact that VNA has selected the name "VNA Hospice of Southeastern Indiana," so closely aligned to Hospice of Southern Indiana is, we feel, confusing to the community.

Please be assured that Hospice of Southern Indiana will continue to provide physical, spiritual and emotional support to those in need.

For further information, we invite you to visit our office at 624 E. Market St., in New Albany, or to call 945-4596.

Patricia Z. Payne,
Executive Director,
Hospice of Southern Indiana

THE TRIBUNE

March 30,

Good work

New Albany Mayor Doug England recently proclaimed March as Professional Social Work Month. Representing various social service agencies at the signing were, from left, Regional Social Worker of the Year Caren Marshall, Al Mortenson, Jana Eiche and Cleo Richert.

(Tribune photo by Dave Davis

3/30/93

Courier Journal 3/25/93

Broken wheels

YOU don't need to be a rocket scientist to know that $2 a day is pittance to pay to help a frail person remain at home, but the people running the country just don't get it. While moaning about the toll that nursing home costs take on government budgets, they let programs that help elderly people live independently limp along.

Across the country, neighborhood meal sites are closing because federal spending on nutrition programs isn't keeping pace with costs or demand.

Local programs are struggling but not closing. The South Central Indiana Council for the Aging & Aged Inc. is able to make ends meet and eliminate waiting lists only by holding annual fund raisers. Its most pressing need is for more volunteers. Money is so tight at the South Louisville Community Ministries meals-on-wheels program that 55 people are on the waiting list and none can be served unless someone who is getting meals dies or enters a nursing home.

Finding volunteers to deliver meals to homebound people on a consistent basis is a chronic problem that keeps many of Kentucky's meals programs from meeting the needs. Many old people exist on doughnuts, crackers and canned soup because they are too downhearted to fix a meal. Others lack the stamina to cook or can't get out to shop. Government meals programs provide them nourishment and regular contact with another human being. Letting them wither is foolish.

How to help

To volunteer to help deliver meals on wheels in Clark, Floyd, Scott or Harrison county, call the South Central Indiana Council for the Aging & Aged Inc. at 948-8330. To volunteer in the Louisville area call the Jefferson County Department for Human Services Nutrition Program, 574-6917.

RECORDS

The Tribune, Wednesday, March 31, 1993

Jeff man, 74, charged with running over elderly woman

A 74-year-old motorist was cited after his car rolled over an elderly woman walking along a sidewalk at the municipal parking ramp at 4:59 p.m. Tuesday.

Police said Crit Smith, of 3310 Holman's Lane, Jeffersonville, was cited for failure to take action to avoid a pedestrian.

Witnesses said Smith's truck, backing from the ramp on Main at Pearl, failed to halt, struck and rolled over Delilah Ayers, 85, of 303 Riverside Towers.

Ayers was taken to Floyd Memorial Hospital.

Police are investigating several other injury-producing accidents including one that hurt three people.

Three drivers reported injuries after a 5:18 p.m. Tuesday crash on Charlestown Road at Mount Tabor Road.

Joseph L. Newton II, 30, of 2803 Diana Drive, Sellersburg, said he was northbound, looked to the rear and struck the rear of the stopped car of Denna H. Green, 32, of 995 High St., Charlestown. Green's car was knocked forward into the stopped car of Ruth A. Miller, 48, of 3031 Brookhaven Drive.

Cynthia L. Nokes, 20, of 7303 County Line Road, was hurt when her car, southbound on Indiana Avenue, drove into the Grant Line Road intersection and was struck by the eastbound car of Douglas E. Landers, 4226 Kamer-Miller Road, at 5:58 p.m. Tuesday.

John M. Pearce, 39, of 325 Powderhouse Lane, was also hurt in a collision on Vincennes Street at 2:14 p.m. Tuesday. He said he was northbound when a van driven by Walter E. Trotter, 412 E. 13th St., pulled into his path from an alley.

ARRESTS REPORTED

Adam B. Goodman, 18, of 912 Cedar St., was cited for failure to demonstrate financial responsibility, having no driver's license when required and false or fictitious registration after his car twice struck the rear of the car of Tanya L. Johnson, 225 W. Carter Ave., Clarksville, on Alex Thom Boulevard at 7:50 p.m. Tuesday.

Stephen R. Bir, 18, of 2930 Edwardsville-Galena Road, Georgetown, was taken into custody on Bulldog Boulevard before 11:07 a.m. Tuesday on warrants alleging contributing to the delinquency of a minor and two counts of criminal recklessness.

Bloodmobile

The Bloodmobile will be in New Albany Thursday.

Donors may visit the Amalgamated Building, 1613 E. Spring St., between 3:30 and 6:30 p.m.

Coats names Bertrand as Hoosier Hero

Thelma Bertrand of New Albany was named a "Hoosier Hero" by U.S. Sen. Dan Coats for her efforts to enhance the lives of senior citizens in southeastern Indiana.

"Thelma has served Hoosier seniors for over two decades, enriching their lives in many ways," Coats said. "Her commitment to improving the quality of the lives of countless older men and women makes her a true hero, for Hoosiers and all Americans."

Bertrand was the first director of the Area Agency on Aging, serving Harrison, Floyd, Clark and Scott counties, until her retirement in 1984.

In addition, Bertrand has served as president of the Senior Games of Indiana Commission.

"She was instrumental in developing regulations used in Senior Games competition throughout Indiana," Coats said.

"The Hoosier Hero award is presented to people who contribute to the diverse tapestry of Indiana history or life by promoting Hoosier values, while at the same time serving as example for the entire nation," he said.

Wednesday, April 21, 1993, THE CORYDON DEMOCRAT, Corydon, Ind.

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MEDICAID

Continued from Page One

derly may soon find they have no place nearby to go.

"They could end up in Pike County, three hours away," said Ed Wunsch, an independent social worker who helps find nursing homes for people leaving Southwest, Methodist Evangelical and Norton hospitals. "We're lucky if we can find them a bed anywhere now," he said.

Despite that, state Sen. Kathy Smith, D-New Albany, said she is one of many Hoosier leaders who find much appeal in the idea of spending Hoosier tax dollars on Hoosiers and letting Kentucky take care of its own.

Indiana's Medicaid budget of more than $900 million has increased by more than 20 percent in each of the past four years. While only a small percentage of the increase paid to care for elderly people from other states, it was still a lot, said Jim Verdier, Indiana's Medicaid director.

An estimated 650, or 20 percent, of the 3,170 nursing-home residents in 11 Indiana counties near Louisville are Kentuckians. It costs Hoosiers about $1 million just to care for 100 of those residents for one year, Verdier said.

A bill passed last week in the Indiana House would require non-Hoosiers to climb over a wall of red tape to qualify for Indiana Medicaid. The bill now goes to the Senate.

Such a law would bolster new procedures used by the Indiana Family and Social Services Division since Oct. 1.

Since then, the Indiana agency that screens nursing-home applicants has operated with two different standards.

The South Central Indiana Council for the Aging and the Aged continues to admit Medicaid recipients who are discharged from Indiana hospitals to Indiana nursing homes. But the agency now requires Medicaid recipients from out-of-state hospitals to get Indiana Medicaid approval before they can be admitted to a nursing home in Indiana — which can take up to 25 days.

"It just kills the admission right there," said Todd Taylor, administrator at Clarksville's Willowbrook Manor, which already has lost at least 10 applicants from Kentucky hospitals because of the rules.

Janet Whiteley, a discharge planner at Baptist Hospital East in Louisville, said a staff member recently commented that she would "look long and hard" before trying to arrange placement in an Indiana nursing home "because it's just too much hassle."

Verdier said he understands that Indiana's new stricter screening will leave some poor elderly people with nowhere close to go.

The question, he said, is how much compassion can Indiana afford. "The compassion of Indiana taxpayers has to stop at the Indiana state line."

Verdier and Patricia Jewell, executive director of the South Central Indiana Council on Aging and Aged, questioned why Kentucky has too few nursing-home beds.

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Police said Crit Smith, of 3310 Holman's Lane, Jeffersonville, was cited for failure to take action to avoid a pedestrian.

Witnesses said Smith's truck, backing from the ramp on Main at Pearl, failed to halt, struck and rolled over Delilah Ayers, 85, of 303 Riverside Towers.

Ayers was taken to Floyd Memorial Hospital.

Police are investigating several other injury-producing accidents including one that hurt three people.

Three drivers reported injuries after a 5:18 p.m. Tuesday crash on Charlestown Road at Mount Tabor Road.

Joseph L. Newton II, 30, of 2803 Diana Drive, Sellersburg, said he was northbound, looked to the rear and struck the rear of the stopped car of Denna H. Green, 32, of 995 High St., Charlestown. Green's car was knocked forward into the stopped car of Ruth A. Miller, 48, of 3031 Brookhaven Drive.

Cynthia L. Nokes, 20, of 7303 County Line Road, was hurt when her car, southbound on Indiana Avenue, drove into the Grant Line Road intersection and was struck by the eastbound car of Douglas E. Landers, 4226 Kamer-Miller Road, at 5:58 p.m. Tuesday.

John M. Pearce, 39, of 325 Powderhouse Lane, was also hurt in a collision on Vincennes Street at 2:14 p.m. Tuesday. He said he was northbound when a van driven by Walter E. Trotter, 412 E. 13th St., pulled into his path from an alley.

ARRESTS REPORTED

Adam B. Goodman, 18, of 912 Cedar St., was cited for failure to demonstrate financial responsibility, having no driver's license when required and false or fictitious registration after his car twice struck the rear of the car of Tanya L. Johnson, 225 W. Carter Ave., Clarksville, on Alex Thom Boulevard at 7:50 p.m. Tuesday.

Stephen R. Bir, 18, of 2930 Edwardsville-Galena Road, Georgetown, was taken into custody on Bulldog Boulevard before 11:07 a.m. Tuesday on warrants alleging contributing to the delinquency of a minor and two counts of criminal recklessness.

Bloodmobile

The Bloodmobile will be in New Albany Thursday.

Donors may visit the Amalgamated Building, 1613 E. Spring St., between 3:30 and 6:30 p.m.

Coats names Bertrand as Hoosier Hero

Thelma Bertrand of New Albany was named a "Hoosier Hero" by U.S. Sen. Dan Coats for her efforts to enhance the lives of senior citizens in southeastern Indiana.

"Thelma has served Hoosier seniors for over two decades, enriching their lives in many ways," Coats said. "Her commitment to improving the quality of the lives of countless older men and women makes her a true hero, for Hoosiers and all Americans."

Bertrand was the first director of the Area Agency on Aging, serving Harrison, Floyd, Clark and Scott counties, until her retirement in 1984.

In addition, Bertrand has served as president of the Senior Games of Indiana Commission.

"She was instrumental in developing regulations used in Senior Games competition throughout Indiana," Coats said.

"The Hoosier Hero award is presented to people who contribute to the diverse tapestry of Indiana history or life by promoting Hoosier values, while at the same time serving as example for the entire nation," he said.

Wednesday, April 21, 1993, THE CORYDON DEMOCRAT, Corydon, Ind.

214

Adult Literacy Volunteer

Page 4 THE BANNER-GAZETTE, Wednesday, April 21, 1993

Coats Honors New Albany Woman as "Hoosier Hero"

Thelma Bertrand of New Albany has been named a "Hoosier Hero" by U.S. Senator Dan Coats for her efforts to enhance the lives of senior citizens in southeastern Indiana.

Coats' Hoosier Hero award is presented to people who contribute to the diverse tapestry of Indiana history or life by promoting Hoosier values, while at the same time serving as examples for the entire Nation.

"Thelma Bertrand has served Hoosier seniors for over two decades, enriching their lives in many ways," Coats said of the award. "Thelma's commitment to improving the quality of the lives of countless older men and women makes her a true hero, for Hoosiers and all Americans."

Bertrand was the first director of the Area Agency on Aging, serving Clark, Floyd, Harrison and Scott counties until her retirement in 1984. Since her retirement, she has continued to serve the agency as director of Senior Games, as Health Services Director and as Coordinator of the Senior Citizens Angel Tree, which provides Christmas gifts to senior citizens without families.

In addition, Bertrand has served as President of the Senior Games of Indiana Commission. She was instrumental in developing regulations used in Senior Games competition throughout Indiana.

She received the award in a ceremony on Saturday, April 17, at St. Augustine's Parish Hall in Jeffersonville.

Presenting the award to her was David Graham, Southeastern Indiana Regional Director for Senator Coats.

Page 2 SENIOR TIMES, May 1993

Staff Photo by Eric Shrewsberry

David Graham of Senator Lugar and Senator Coats office in Jeffersonville, presents Thelma Bertrand of New Albany the Hoosier Hero award at a banquet at St. Augustine Catholic Church in Jeffersonville.

Bertrand Receives Hoosier Hero Award

On April 17 at St. Augustine Catholic Church at the Retired Senior Volunteer Program Annual Recognition Banquet, Thelma Bertrand was the latest recipient of the Hoosier Hero Award.

The Hoosier Hero Award is a program that was started by U.S. Senator Dan Coats in 1991 to recognize individuals who have made important contributions to Indiana's history or life. Bertrand was the 29th recipient of the award.

The New Albany resident dedicated herself to helping senior citizens throughout the state of Indiana since 1973. In 1974, she was selected as the first director of the local Area Agency on Aging, serving four counties (Clark, Floyd, Harrison and Scott). Through that, she established a nutrition program for the elderly, and a program that delivers meals to the elderly.

She was elected vice-president, then president of the Senior Games of Indiana, where she helped develop the bylaws and regulations of the event.

As Health Services Director for the Council on Aging, she persuaded area health care professionals to donate their time to provide health screenings and education.

Bertrand has also been active in a number of organizations where she has been either chairperson or president, such as the Indiana Federation of Older Hoosiers, the American Association of Retired Persons, the Pilot Club of New Albany, the Harvest Homecoming Fall Festival, the Salvation Army and many others.

Her latest project is the Senior Citizens Angel Tree, which provides gifts for seniors with no families.

Upon receiving the award, Bertrand said "I certainly was surprised. I didn't think I'd get the award."

Commenting about the local area where she worked, she said, "This is a giving and loving community. And that certainly is true."

Wednesday, May 5, 1993, THE CORYDON DEMOCRAT, Corydon, Ind. -

Senior volunteers honored for service

More than 350 of the 696 volunteers in Harrison, Clark, Floyd and Scott counties attended the Retired Senior Volunteer Program banquet April 17 at St. Augustine Parish Hall in Jeffersonville.

These volunteers contributed over 98,000 hours of service to their communities during 1992.

ACTION (The national volunteer agency) values this volunteer service as saving community agencies more than $986,500, the agency said.

Dr. George Beury, executive director of Interfaith Community Council and sponsor of RSVP, was master of ceremonies at the banquet. Remarks were made by community leaders, including RSVP director Matie Watts, mayers of New Albany and Jeffersonville.

Special awards were preseented to Beury and Tom Haskel, state director of ACTION, both of whom are retiring after more than 30 years service. Thelma Bertrand was named Hoosier Hero by U.S. Sen. Dan Coats.

Harrison County volunteer Savilla Bliss was named Harrison County Volunteer of the Year.

In Harrison County, 75 volunteers serve at more than 16 sites. RSVP advisory council members in Harrison County are Helen-Cunningham, Patty Vertrees, Margaret Harris, Savilla Bliss, Gladys Harmon, Diane Miller, Helen Miller, Jo Sauerheber and Virginia Watson.

The group needs more volunteers. For information, call Matie Watts, 948-1815 or Helen Miller, 738-7302.

104th year, No. 111

TRIBUNE 6/18/93

Program is life saver for local residents

Participants get help ASAP thanks to volunteer efforts

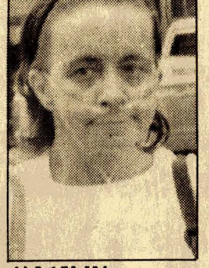
By **DALE SANDUSKY**
Tribune Staff Writer

Linda Hamlin carries her oxygen pack with her. The 47-year-old woman said the pack is part of her life 24 hours a day.

"Without it, I'd be dead," she flatly stated.

She is one of the people benefited by the Allied Seasonal Assistance Program (ASAP), a coalition of service organizations that furnishes air conditioners and fans to low-income people whose health is at stake as the temperature rises.

Hamlin, who said she suffers from the COPS syndrome which includes asthma, emphysema and bronchitis, has taken part in ASAP yearly during its decade of existence.



HAMLIN

"I can't breath when it gets real hot," Hamlin said after picking up her air conditioner last week. "This is literally a lifesaver for me," she said.

She was one of several who filed into the Family Service Bureau to pick up the appliance which must be returned by the end of September.

Also in line was Patricia Rober-

Her son, DeShawn, 16, also suffers from asthma.

"It will certainly make sure that we have a better summer. I'm all smiles about it and know I will feel much better."

Margie Burrell, 924 E. Eighth St., was picking up two units, one for herself and the other for her 69-year-old mother, Ruth Salesman, who lives next door.

Burrell said she suffers from emphysema, heart problems, chronic bronchitis and asthma and uses the unit to cool her bedroom. This is the second year that she and her mother have obtained the appliances through ASAP.

"Whenever it gets hot, I can't get my breath and I end up in the hospital," she said.

Her mother, who suffers from chronic bronchitis and emphysema, would be in and out of the hospital, without the relief offered by an air conditioner, according to Burrell.

"I know that a lot of people think you should be ashamed because you get help. But I know I need help and I'm here to ask for it," she said.

Mary Ann Carnighan, executive director of the Family Service Bureau, said the program, in which her agency cooperates with the New Albany Chapter of the American Red Cross and the South Central Council for the Aging and Aged to distribute the appliances, has been active since 1984.

"None of the agencies have any money for the program. Essentially it is a totally volunteer effort," she said.

Occasionally, ASAP will get a grant, such as last year's special

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THE SCOTT COUNTY JOURNAL

Saturday, June 19, 1993

United Way Awards $40,000 to County Service Agencies

United Way of Scott County announced this week that it had awarded $40,086 in grants to area health and service agencies in response to information from the community on priority needs.

"This amount covers just that awarded through our citizen review process," said Kevin Collins, co-chairman of the deployment committee. "We listened to what the community said were priorities for funding and services needed and then set about getting it to groups whom we thought could get the job done."

Service organizations who received the grants were:

- The Center for Women and Children - $5,000.
- Hospice of Southern Indiana - $2,000.
- New Hope Services' Teen Parent Program - $3,750.
- Outstretched Hand Help Center - $3,000 for homeless assistance, $2,000 for food pantry.
- Scott County Extension Office's 4-H Water Kids Program at Hardy Lake - $1,000.
- Scott County Family YMCA - $5,000.
- Scott County Health Department, to study the need for a women's clinic - $6,000.
- Scott County Literacy Council, to implement Texas Scottish Rite Literacy Program in Scott County - $2,000.
- South Central Council on Aging, for transportation program - $3,466.
- Visiting Nurses of Southern Indiana - $3,000.
- Women, Infants and Children's (WIC) Program - $3,870.

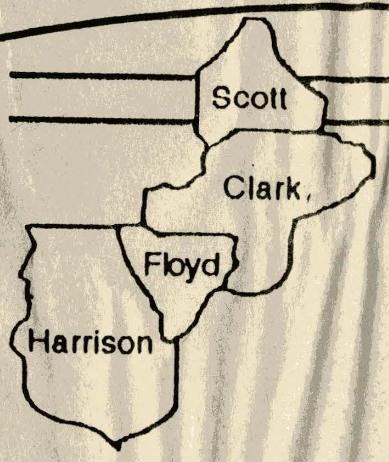
"Additional funds have been earmarked for specific agencies through the donor designation program on the pledge cards," Collins said.

United Way contributors are permitted to specify just which organization is to receive their donations.

Terry Wolka,, Collins' co-chairman, added, "United Way of Scott County really does work hard to get donor dollars where contributors want them. That's something we'll keep working on as we grow."

Tribune, June 20, 1993

South Central Indiana Council for the Aging & Aged, Inc.



S·E·N·I·O·R
GAMES
OF INDIANA

South Central Indiana Council For The Aging and Aged and the Senior Games Advisory Council would like to thank the following for the tremendous success of the 1993 Senior Games:

GOLD STAR SPONSORS:

John-Kenyon Eye Center
PNC Bank
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Clark Memorial Hospital
KFC Southern Indiana
Floyd Memorial Hospital
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SILVER STAR SPONSORS:

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Judge Henry Leist
Chief Dean Marble, Clark Co. Sheriff
Chick's Archery & Sports Headquarters
Electromechanical Research Laboratories
Clark County REMC
Wesley Chapel United Methodist Church
Holiday Inn, Northwest
Robert R. Carter, D.D.S.
Maurice R. Crowley, D.M.D.
Doris C. Pfau
Beth Braden
Jack & Judy Shepherd
Hearing Care Center of Southern Indiana
Carolyn Eve
Maxine & Norman Miller
Scott Villa Living Center
Gary Longest Construction Co., Inc.
Dr. & Mrs. William Garner
Welby E. Edwards, C.L.U.
Longworth Skilled Care Center
Conn Hearing Aid Center

SPECIAL THANKS

New Albany Boys & Girls Club
Trinity United Methodist Church
Graphic Ventures
Knights of Columbus
WZCC - Dave Sakel
Marriott Food Service
Community Savings Bank
Pilot Club of New Albany
INB Bank
Providence Retirement Home
Indiana University Southeast
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N.A. Dept. of Parks & Recreation
Jeffersonville Dept. of Parks & Recreation
AARP, Floyd County Chapter
AARP, Jeffersonville Chapter
Po Folks
Blackiston Bowl
Hobart Beach Post #1693 Aux.
VNA Southeastern Indiana
Mayor Doug England
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Charlie Jenkins - WXVW
Twilight Golf Course
Jeff Elks BPOE #362
Joyce Melhiser, Cakes by Joyce
Sherry Stroud, Special Deliveries
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Ray Day Print
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Mom & Pop's Cone Corner
Nance's Florist
Taylor Drugs
Cannon's Florist
Ponderosa Steak House
Tommy Lancaster Restaurant
Circuit City
Aebersold Florist
Miller's Greenhouse
First Community Service Corporation
Grant Line Nursery
Priddy Accessories
Helen Streepey

And to all the Volunteers who made the 1993 Senior Games possible.

TRIBUNE 7/14/92

Local news digest

AREA NEWS BRIEFS

Clarification

A story in the July 6 *The Tribune* was unclear as to why Steve J. Maupin, of 5012 Lorean Court, Floyds Knobs, had been on property belonging to Ronald J. Kaiser, of 4016 Hunter Trail. Maupin went to Kaiser's property on July 4 after a bullet was shot through Maupin's basement.

Looking for leaks

Residents who know of sanitary sewer leaks or illegal discharges into the sewer system are being asked to assist the city in finding such violations.

A second public meeting to discuss the issue is being conducted by Tenney Pavoni Associates, a consulting engineer firm under contract for sewer renovation planning, at 7 p.m. Wednesday in the third-floor assembly room of the City-County Building.

Abuse workshop

A Geriatric Substance Abuse Workshop, hosted by the South Central Indiana Council for the Aging and Aged Inc. and the Governor's Task Force for a Drug-Free Indiana, is 9 a.m.-12:30 p.m. Wednesday at the New Albany-Floyd County Public Library, 180 W. Spring St.

To register, call Earlene Bennett at the council for aging at 948-8330.

INSIDE

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WEATHER

Today, hot and humid with a chance of afternoon and evening showers. Some may be locally heavy.. High 95. Partly cloudy tomorrow with a chance of rain. High in the mid-90s.

Thanks for helping the Senior Games

Dear Editor,

On behalf of the South Central Indiana Council for the Aging and Aged, I would like to express my thanks and gratitude for the superb coverage *The Tribune* afforded the 1993 Senior Games of Southern Indiana.

Our special thanks go to Ann All and Beth Chacey along with all those who took photos at the events, and also to Tony Arnold and his staff who did a wonderful job in advertising our games and saluting our sponsors, friends, patrons, in-kind contributors and volunteers.

The Council would also like to take this opportunity to thank the city of New Albany for its outstanding support of the Senior Games.

Sue Clayton,
Senior Games Coordinator

Tribune 7/15/93

OPINION

Ledger-Tribune
Established in 1888

Heat wave is deadly to some

Many Americans have grown so used to air-conditioned offices, homes and vehicles that their exposure to really hot weather occurs only when dashing to and from their vehicles at lunch or on the way home from work.

They are part of a generation that has grown up since the Vietnam conflict and have never really known the discomfort remembered by older persons, a large number of which suffer in ill-insulated, substandard homes where air conditioning is something seen on television.

A portion of these older persons, as well as younger ones from families living near or below the poverty line, have illnesses that make heat waves not only very uncomfortable but literally a danger to their survival.

It is these people who are being helped by a successful and long-running program known as the Allied Seasonal Assistance Program (ASAP). The program owns, maintains and lends air conditioners to persons whose survival is tested by heat wave conditions inside uncooled homes.

Sponsors frankly state that the program is not to make people comfortable but to save their lives. They also say that the current heat wave has expended all their available appliances and has daily added to a list of more than 20 persons waiting for help from conditions that are threatening their lives.

As a non-profit organization, ASAP relies strictly on donations of used air conditioners and money to buy new ones. The need is a constant one and, for now, is not being filled.

Persons who notice the heat and humidity in a dash between air-conditioned receptacles in which they spend 95 percent of their day should give an occasional thought to the old and sickly who must live full-time with the caprices of the weather without an artificial environment.

July 13, 1993

HEALTH

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Seminar will help caregivers help others

By DAVE DAVIS
Tribune Staff Writer

As medical science increases the average life-span, the problems facing the elderly will become more and more pronounced. LifeSpring Mental Health Services in Jeffersonville will host a seminar instructing those who care for the elderly how best to deal with some of those problems.

The seminar, "Behavioral Problems Among Nursing Home Patients," is designed to help nursing home staff members identify and manage psychological conditions common to the elderly, said Ana Dvoredsky, medical director of LifeSpring.

"The thought for the seminar came from understanding just what nursing home staffs face," Dvoredsky said. "Psychological problems will become more common, because people are living longer. The brain is part of the human body. It ages, and can develop symptoms as part of age."

"People with behavioral problems in nursing homes often find it hard to communicate," said Donna Greenhill, the coordinator of geriatric services at LifeSpring.

For instance, Greenhill said, an elderly person suffering from dementia might react by cursing or striking out when a caregiver tries to give him a bath because he might not understand what is happening.

"It's important for the nursing home staff to understand this," she said, "and understand how to interact with them so they don't get upset."

Depression is also a major problem for nursing home patients, Dvoredsky said. It's important for caregivers to be able to recognize the signs.

"The symptoms are not the same as they are in the young," she said. "The elderly can withdraw, looking as if they had dementia."

If caregivers can recognize the symptoms, medical help can be given, Dvoredsky said. "Science has made a lot of progress in the treatment of depression with medication," she said. "I've seen some miraculous cures when the appropriate treatment was given."

Dvoredsky, who has spent much of her career treating the elderly, has seen first hand how striving to under[illegible] an elderly patient's symp[illegible] lead to a much more effec[illegible]eatment plan.

"Many years ago I was called to evaluate an elderly patient," Dvoredsky said. "He would become agitated every time someone would come into the room." After evaluating him, Dvoredsky discovered that the patient had suffered a stroke.

"Because of the stroke, his brain couldn't process the visual field on his left side, and could not see the left half the room," Dvoredsky said. People coming into the room, she explained, would just "appear" in front of him. The answer to the problem, she said, was not moving him to a mental ward, but to simply turn the bed around.

While the seminar is not intended to replace the need for doctors in nursing homes, it can give those who have daily contact with the elderly valuable tools to use in the care the elderly receive.

"We want to give the nursing home staffs what we call 'a high index of suspicion," Dvoredsky said, "which means that when they encounter a certain condition or behavior, they will suspect a certain disease, and they will know when to call for help."

The seminar will be held on July 29 from 8:30 a.m. to 12:15 p.m. in the Clark Memorial Hospital Auditorium.

Registration costs $20 before July 16, and $25 thereafter. For more information, call 283-2742.

COPING FOR CAREGIVERS — Ana Dvoredsky, left, medical director of LifeSpring Mental Health Services, and Donna Greenhill, coordinator of geriatric services, are planning to hold a seminar for caregivers outlining different behavioral problems they may encounter when caring for nursing home patients.
(Tribune photo by Dave Davis)

The Tribune, Friday, July 2, 1993

Cool donation

The Pilot Club recently donated two air conditioners to the South Central Indiana Council For the Aging & Aged. The air conditioners will be loaned to elderly people who need them for medical reasons. Project directors Thelma Bertrand, left, and Janice Carpenter give donation nametags to Frankie Hunter-Able, right, the council's information and referral coordinator.
(Tribune photo by Dave Davis)

Wednesday, July 28, 1993

South Central Council for Aging to Host Workshop

The South Central Indiana Council for the Aging, together with Indiana University Southeast, and the Indiana State Department of Health, will sponsor an Aging Well Workshop to be held on Thursday, Aug. 19, from 8 a.m. to 3:45 p.m., on the campus of IUS.

Registration will be from 8 to 8:45 a.m. followed by welcomes and introductions. At 9 a.m., Miss Indiana, Dayna Brewer, from New Albany, will be a Guest Speaker. The Keynote Address will be given by Mark Laker of the Indiana State Department of Health, at 9:15 a.m. His topic will be ''Pump Up Prevention''.

The workshop will consist of three concurrent sessions. The first session, commencing at 10;15 a.m., will consist of the following:

''Nutrition for the Mature Adult'', by Beth Sullivan, M.S., R.D., Floyd Memorial Hospital; or ''Medications Management'', by Gary Jacobi, P.D., Floyds Knobs Pharmacy.

Session two, starting at 11:20 a.m., will feature:

''Nursing and Seniors Collaborating in Health Care'' - Panel: ''Communicating Your Pain'', Carol Sue Hoff R.N.C., M.S.N., Veterans Affairs Medical Center, Louisville; ''Preparing for the Doctor's Visit'', Louise Suleiman, R.N., Ed.D, Indiana University School of Nursing; ''More Gold in the Golden Years'', Barbara Whitaker, R.N.C.S., M.S.N., Ten Broeck Hospital, Louisville

or

''Coping with Loss,'' Donna Greenhill, M.S.W., LifeSpring Mental Health Services, Jeffersonville.

Session three, beginning at 2:30 p.m., will entail the following:

''Government Programs'', Ed McClain, Golden Rule Insurance, Indianapolis; or ''Exercise and Aging'', Debbie Scheller, R.N., Jewish Hospital, Louisville.

There will be a 15 minute break between sessions, and lunch will be at 12:10 p.m. during which a Style Show featuring ''Easy Dressing Fashions'' will be hosted by J.C. Penney Department Store. Immediatley following lunch, at 1:30 p.m., Dr. Joe Wick, Humorist and retired Minister, will speak on ''The Therapy of Laughter.''

At approximately 3:20 p.m., there will be closing remarks and evaluation, and a door prize of an overnight stay at Kintner House Inn in Corydon, together with a gift certificate of $25 to Granny's Restaurant, also in Corydon. The door prize will be awarded at the conclusion of the workshop, at 3:45 p.m.

Brochures with a Registration Form enclosed are available at the Council on Aging, located at 134 E. Main Street in New Albany, or for further information, call Sue Clayton or Earlene Bennett at 948-8330. The cost of the entire workshop is $6 per person which includes all workshop materials, speakers, and a very ''healthful'' lunch.

The workshop will be limited to 400 people, and the registration deadline is Monday, Aug. 16.

The Tribune, Thursday, July 15, 1993

Readers write

Area youth given a second chance

Dear Editor,

I usually spend Sunday mornings, as many do, thanking Jesus for the good around us during the past week. As I leaf through your Sunday edition this morning, I thought may God bless you. Many times violence overrides other items. It's news, but it is very depressing.

Today, many stories were definite examples of how good people are. My congratulations go to Dale Sandusky's Spectrum page about Don Harshey's Community Corrections agency. I've been following Mr. Harshey's goals for youth and can appreciate how he never let disappointment deter his strong will for a better chance to serve during a very difficult time.

We all know it takes persistence and a lot of peoples' good will, help and money as well to accomplish big things — along with the prayers of many. All good comes to those who trust and wait. In this case, our youth are given even better than I'm sure Mr. Harshey even envisioned. The community's help was rewarded a hundred-fold, working together, life for our youth will have something very special, the community's love and support and accomplished in a beautiful location.

Yesterday, I was invited to attend a program at our New Albany Library for the South Central Indiana Council for the Aging & Aged, Inc. Needless to say, I was overwhelmed with all the great things going on for others. In our senior years there is no reason for us to be bored. Instead, just become involved in a program of your choice and enjoy an unbelievable peace and joy

Daisy Book,
Secretary
and Special Gardens
Program Director,
Life, Inc.

Page 5C The Tribune's Silver Lining, Monday, July 26, 1993

Council for Aging marks 20th year

By LARRY THOMAS
Tribune Staff Writer

Fortunately for Southern Indiana seniors, two mayors overcame historic rivalry between New Albany and Jeffersonville 21 years ago.

The South Central Indiana Council for the Aging & Aged is celebrating its 20th anniversary this year. But had it not been for a spirit of good will between New Albany Mayor Warren Nash and Jeffersonville Mayor Richard Vissing, the council might never have existed.

Nash said he and Vissing each received letters stating that Indiana would start five councils for senior citizens. The mayors, fearing that neither of their cities was large enough to apply for a council on its own, filed a joint application. A year later, the South Central Indiana Council for the Aging & Aged was born.

Nash said the agency's success is due to people such as Thelma Bertrand, its founding director.

"Staff like Thelma has made it work ... beyond anybody's wildest expectations," Nash said.

Pat Jewell is the agency's executive director now. She said Bertrand's direction during the council's first 11 years set the stage for the organization's current programming.

PAT JEWELL
...directs local Council for Aging

Today the council, which serves Floyd, Clark, Harrison and Scott counties, is involved in nutrition (it had the state's first such program), transportation, information and referral, health facility ~~pre-admission screening~~, employment, advocacy, case management, legal services, adult day care, homemaker services, home health care, health services and respite care.

~~Jewell is particularly~~ pleased with two of the council's most inclusive events — the Senior Games, which has about 500 participants, and Senior Citizen Angel Tree, a program in conjunction with the Salvation Army that provided Christmas presents for about 625 seniors in nursing homes last year.

"There must have been 100 volunteers on the (angel tree) project," Jewell said. "It was unbelievable the care that went into buying for these people."

Like many agencies that receive government funding, the council is balancing the increasing needs of its constituency with a decrease in public money.

In the mid-1980s, the council became a United Way agency when state funding fell short of the organization's needs. As public funding grows even more tight, Jewell hopes that more businesses and private organizations will get involved with the area's seniors.

Last year, for instance, the agency experienced a shortage of Meals on Wheels volunteers in Clarksville. Employees at Wal-Mart, Sears and J.C. Penney stepped forward and shared some of the program's routes.

"It's going to have to be an effort that all of us are involved with," Jewell said.

Jewell added, "We have an ever-increasing number of older people. We're going to have to tap (private and volunteer) resources more than we have in the past."

Wednesday, August 4, 1993

South Central Council for Aging to Host Aging Well Workshop

The South Central Indiana Council for the Aging, together with Indiana University Southeast, and the Indiana State Department of Health, will sponsor an Aging Well Workshop to be held on Thursday, Aug. 19, from 8 a.m. to 3:45 p.m., on the campus of IUS.

Registration will be from 8 to 8:45 a.m. followed by welcomes and introductions. At 9 a.m., Miss Indiana, Dayna Brewer, from New Albany, will be a Guest Speaker. The Keynote Address will be given by Mark Laker of the Indiana State Department of Health, at 9:15 a.m. His topic will be "Pump Up Prevention".

The workshop will consist of three concurrent sessions. The first session, commencing at 10;15 a.m., will consist of the following:

"Nutrition for the Mature the [illegible]", by Beth Sullivan, M.S., R.D., Floyd Memorial Hospital; or "Medications Management", by Gary Jacobi, P.D., Floyds Knobs Pharmacy.

Session two, starting at 11:20 a.m., will feature:

"Nursing and Seniors Collaborating in Health Care" - Panel: "Communicating Your Pain", Carol Sue Hoff R.N.C., M.S.N., Veterans Affairs Medical Center, Louisville; "Preparing for the Doctor's Visit", Louise Suleiman, R.N., Ed.D, Indiana University School of Nursing; "More Gold in the Golden Years", Barbara Whitaker, R.N.C.S., M.S.N., Ten Broeck Hospital, Louisville

or

"Coping with Loss," Donna Greenhill, M.S.W., LifeSpring Mental Health Services, Jeffersonville.

Session three, beginning at 2:30 p.m., will entail the following:

"Government Programs", Ed McClain, Golden Rule Insurance, Indianapolis; or "Exercise and Aging", Debbie Scheller, R.N., Jewish Hospital, Louisville.

There will be a 15 minute break between sessions, and lunch will be at 12:10 p.m. during which a Style Show featuring "Easy Dressing Fashions" will be hosted by J.C. Penney Department Store. Immediatley following lunch, at 1:30 p.m., Dr. Joe Wick, Humorist and retired Minister, will speak on "The Therapy of Laughter."

At approximately 3:20 p.m., there will be closing remarks and evaluation, and a door prize of an overnight stay at Kintner House Inn in Corydon, together with a gift certificate of $25 to Granny's Restaurant, also in Corydon. The door prize will be awarded at the conclusion of the workshop, at 3:45 p.m.

Brochures with a Registration Form enclosed are available at the Council on Aging, located at 134 E. Main Street in New Albany, or for further information, call Sue Clayton or Earlene Bennett at 948-8330. The cost of the entire workshop is $6 per person which includes all workshop materials, speakers, and a very "healthful" lunch.

The workshop will be limited to 400 people, and the registration deadl[illegible] is Monday, Aug. 16.

Sept. 23, 1993

Local residents ask who's going to pay

By LARRY THOMAS
Tribune Staff Writer

A handful of local residents who watched President Clinton's speech on health care reform last night agree that the issue must be addressed, but have reservations about costs of the overhaul and who will pay.

Lana Aebersold, who co-owns Aebersold Florist with her husband, David, said, "There are a lot of good things that could come out of this, but why should I, as an employer, have to pay for this?"

Aebersold said employers already pay Social Security and Worker's Compensation for employees, in addition to fixed business costs they face. Paying 80 percent of employees' health insurance premiums, as has been suggested by the Clinton Administration, could be a problem.

"If I have to pay 80 percent, that's a big chunk," Aebersold said. "The market will only bear so much."

While Clinton wants reform to include subsidies that will help small businesses meet premiums, Aebersold said forcing companies to cover 80 percent is likely to cause layoffs and bankruptcies.

"I can see this still happening," she said.

Floyd Memorial Hospital President Bryant Hanson said, "I don't think there's any question that our health care system is in need of reform.

"The challenge is going to be how cost effective you can be and still maintain the level of quality people have become accustomed to. Frankly, I feel up to the challenge."

Pat Jewell, executive director for the South Central Indiana

See Local, page 3

Medicare guidelines.

As an employer, Jewell appreciates the idea of universal health coverage for U.S. citizens, since the Council for the Aging has experienced problems getting group coverage for its workers.

"We spent weeks trying to find health insurance for our employees," she said.

Jewell explained that one 19-year employee of the Council for the Aging has been refused health insurance because of a pre-existing condition. The plan Clinton outlined Wednesday would prohibit insurers from denying access be-

care reform as a battle among special interest groups.

"We've got to get away from the special interest crap. That's a bunch of baloney. My good government group is your special interest group," Wolf said.

While Aebersold is not opposed to insuring the 37 million U.S. citizens who are without health plans, she is unsure that Clinton's proposal is the answer to system reform.

Aebersold said, "It sounds like socialized medicine and that scares me. This is a republic we live in, not a socialist country."

Burns Gets Older Hoosier Award

Blake Burns, of Scottsburg, has recently been selected by the South Central Indiana Council for the Aging and Aged, Inc., as the 1993 Older Hoosier of the Year representing Area 14.

Burns's volunteer efforts include the Scott County Historical Society, Scott County Preservation Alliance, and the Scott County Cemetery Committee. He is a member of the Council on Aging board of directors and served as the Scott County Coordinator of the 1992 Senior Citizens Angel Tree project. He will be honored at the 1993 Governor's conference on Aging in October in Indianapolis.

The Older Hoosier of the Year award is the highest honor bestowed on a senior by the Indiana Family and Social Services Administration, Aging and In-Home Services division of the Governor's Voluntary Action Program. It recognizes an outstanding senior for volunteer community service which improves the quality of life of others.

, Saturday, Sept. 4, 1993

THE COURIER-JOURNAL
LOUISVILLE, KY.
THURSDAY,
SEPTEMBER 2, 1993.

availa

South Central Indiana Council for the Aging and Aged Inc. recently updated its comprehensive community-resource directory.

The directory contains information about 175 organizations and agencies in Clark, Floyd, Harrison and Scott counties as well as some Louisville agencies.

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past week. As I leaf through your Sunday edition this morning, I thought may God bless you. Many times violence overrides other items. It's news, but it is very depressing.

Today, many stories were definite examples of how good people are. My congratulations go to Dale Sandusky's Spectrum page about Don Harshey's Community Corrections agency. I've been following Mr. Harshey's goals for youth and can appreciate how he never let disappointment deter his strong will for a better chance to serve during a very difficult time.

We all know it takes persistence and a lot of peoples' good will, help and money as well to accomplish big things — along with the prayers of many. All good comes to those who trust and wait. In this case, our youth are given even better than I'm sure Mr. Harshey even envisioned. The community's help was rewarded a hundred-fold, working together, life for our youth will have something very special, the community's love and support and accomplished in a beautiful location.

Yesterday, I was invited to attend a program at our New Albany Library for the South Central Indiana Council for the Aging & Aged, Inc. Needless to say, I was overwhelmed with all the great things going on for others. In our senior years there is no reason for us to be bored. Instead, just become involved in a program of your choice and enjoy an unbelievable peace and joy

Daisy Book,
Secretary
and Special Gardens
Program Director,
Life, Inc.

The South Central Indiana Council for the Aging & Aged is celebrating its 20th anniversary this year. But had it not been for a spirit of good will between New Albany Mayor Warren Nash and Jeffersonville Mayor Richard Vissing, the council might never have existed.

Nash said he and Vissing each received letters stating that Indiana would start five councils for senior citizens. The mayors, fearing that neither of their cities was large enough to apply for a council on its own, filed a joint application. A year later, the South Central Indiana Council for the Aging & Aged was born.

Nash said the agency's success is due to people such as Thelma Bertrand, its founding director.

"Staff like Thelma has made it work ... beyond anybody's wildest expectations," Nash said.

Pat Jewell is the agency's executive director now. She said Bertrand's direction during the council's first 11 years set the stage for the organization's current programming.

PAT JEWELL
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Local business worried about cost of coverage

From page 1

Council of the Aging and Aged, said the president was on track in his discussion of health care problems among the elderly.

Jewell said that, even locally, some older people must choose between food and medicine, as Clinton described during his 53-minute speech.

"That is a very real thing with some elderly people," Jewell said. "I have seen the anguish on people's faces who don't have health insurance. They live from day to day hoping they don't get sick."

Jewell is particularly pleased that Clinton's plan includes prescription and long-term care coverage for senior citizens — both of which are not provided for under current Medicare guidelines.

As an employer, Jewell appreciates the idea of universal health coverage for U.S. citizens, since the Council for the Aging has experienced problems getting group coverage for its workers.

"We spent weeks trying to find health insurance for our employees," she said.

Jewell explained that one 19-year employee of the Council for the Aging has been refused health insurance because of a pre-existing condition. The plan Clinton outlined Wednesday would prohibit insurers from denying access because of such conditions.

Floyd County Republican Party chairman Carl Pearcy Jr. thinks Clinton is trying to avoid a partisan fight over reform. But Pearcy said it is "unfortunate" that the president provided few details of his plan.

Dr. T.P. Wolf, an Indiana University Southeast political scientist, said, "There will be a lot of give and take. This is an incredibly complex problem. In a year they may have the framework of this legislation, and I presume they will do this in phases."

Jewell said, "I think it's going to be a longer process than we anticipate."

Wolf hopes people avoid characterizing the debate over health care reform as a battle among special interest groups.

"We've got to get away from the special interest crap. That's a bunch of baloney. My good government group is your special interest group," Wolf said.

While Aebersold is not opposed to insuring the 37 million U.S. citizens who are without health plans, she is unsure that Clinton's proposal is the answer to system reform.

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"I have seen the anguish on people's faces who don't have health insurance. They live from day to day hoping they don't get sick."
Pat Jewell, Council for the Aging and Aged

Burns Gets Older Hoosier Award

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Burns's volunteer efforts include the Scott County Historical Society, Scott County Preservation Alliance, and the Scott County Cemetery Committee. He is a member of the Council on Aging board of directors and served as the Scott County Coordinator of the 1992 Senior Citizens Angel Tree project. He will be honored at the 1993 Governor's conference on Aging in October in Indianapolis.

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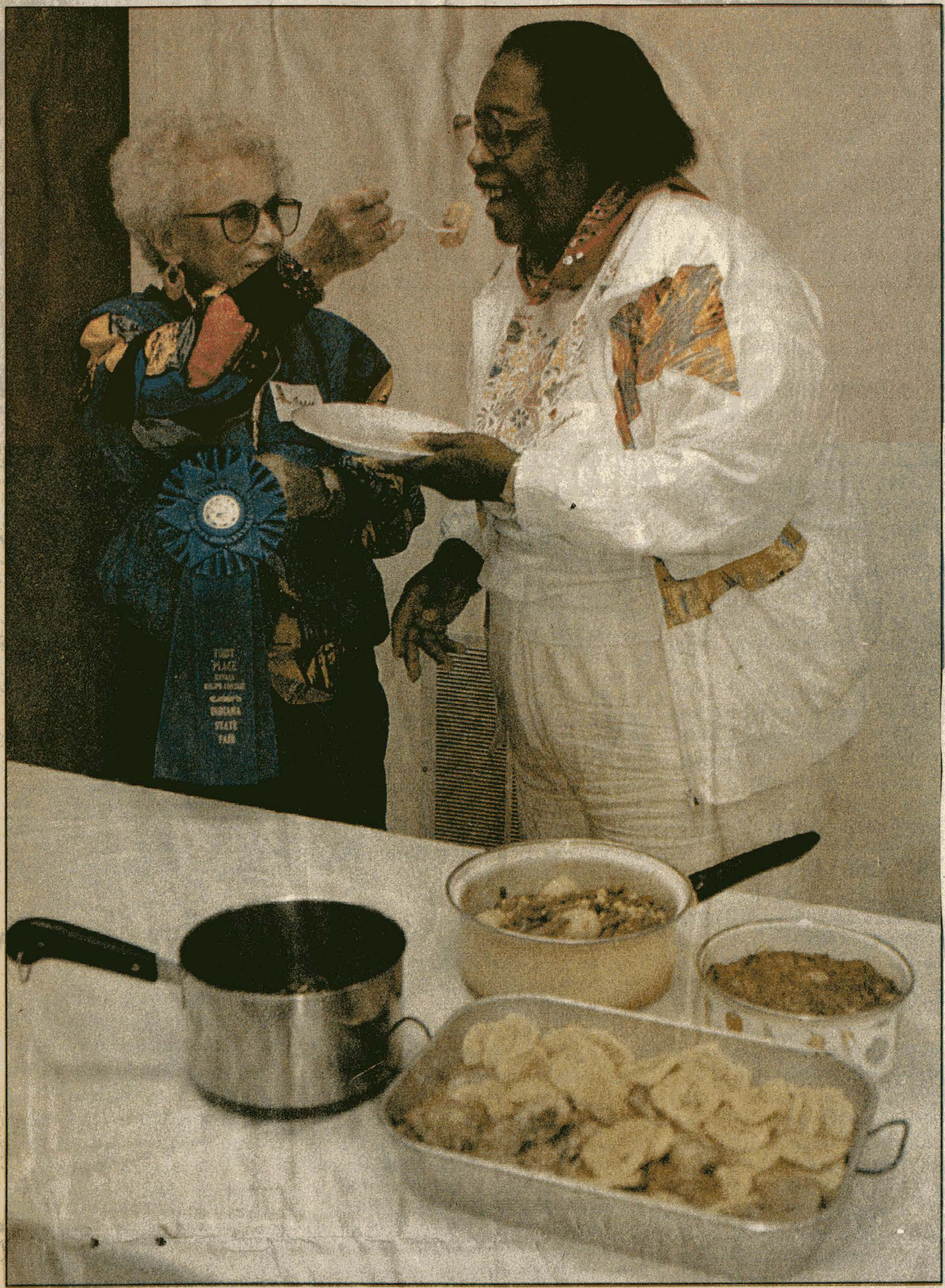
Try a little bite

Sept. 21, 1993



Jessie Bennett, right, gets a sample of the winning recipe in the statewide Healthful recipe contest for senior citizens. The winner was Mary Mann of New Albany, whose entree was chicken picante. Both are members of the senior citizens group at the Ken Ellis Center in Jeffersonville. (Tribune photo by Don Beck)

Page 3C The Tribune's Silver Lining, Monday, Oct. 25, 1993

Generation to generation

Mt. Tabor elementary, Providence Retirement Home link young and old

By MELISSA J. GOFORTH
Tribune Staff Writer

After 23 grandchildren and one great-grandchild, Louise Ferree got another addition last Friday.

But this time it was by way of a program at Mt. Tabor Elementary School.

Ferree is now the proud "adoptive" grandmother of 8-year-old Bethany Miller, a student in Kim McClure's resource class.

"This is really exciting," Ferree said, beaming at Bethany. "I am very excited in meeting this young lady."

But this was just the beginning of a beautiful friendship between residents of Providence Retirement Home and the Mt. Tabor students.

All last week the school celebrated grandparents. But over the past couple of years, McClure's resource class, for grades first through third, has taken a different approach.

"We found that some of the kids don't have grandparents or they live too far away to come, so this is a wonderful alternative," McClure said.

Oddly enough, flowers are responsible for the initial union.

McClure her class had planted flowers and decided to give them to the retirement home. The relationship bloomed from there.

Friday was the first meeting, with the matched-up students and adults making acquaintances.

"The kids made apples out of construction paper and put their pictures on them. They also wrote poems and read them," McClure said. "This helps them with their reading and writing skills."

Children sat and told the seniors stories as they shared goodies.

And then the residents told stories of their own, with one even quoting poetry.

The bonding between the two vast age groups never ceases to amaze McClure. Watching the group, she pointed out one little girl smiling and chattering away. That child, McClure said, "would not hardly talk to anyone."

But after meeting one of the seniors, she teased and giggled like any other little girl. McClure credits the special friendship the two groups share.

"Most of these kids, when they get in here (to the resource class) their self-esteem is really bottomed out," McClure said.

"This really helps them with that. They just seem to really open up and talk to them."

Sister Marie Smith of the Providence Retirement Home said the contact with Mt. Tabor children boost the residents self-esteem too.

"... Especially those who do not have grandchildren of their own. But all of them just really love it, you see there's good interaction between them," Smith said.

"This is really good for them because it makes them feel good."

Next, the children and the seniors will exchange letters, the kids will present a play for their pals and then the kids will visit their "adoptive grandparents" at Providence Retirement Home.

Resident Bob Dowd loves spending time with the kids. "Oh sure, this makes me feel good, talking to them, being with them," he said.

Bethany Miller said she loved spending time with Ferree.

"I like that they've come down. I've learned to be really nice t people," she said.

"It's so fun," said resident Catherine Duggins. "Some of these children have grandparents who couldn't come, so we can fill in."

Duggins is pleased with the way she bonded with the children.

"I was really looking forward to it," she said.

"And these kids seem so happy. They tell such cute things."

Blake Burns, right, recently received the Area 14 Older Hoosier of the Year Award from the Indiana Family and Social Services Administration and the Governor's Voluntary Action Program. Michael Hetzel, president of the board of directors of Area 14 Agency on Aging, presented the award.

SCOTT COUNTY JOURNAL Saturday, Oct. 23, 1993

Floyd hospital gift keeps Meals on Wheels rolling

South Central Indiana's Meals on Wheels program will continue to roll to the homebound, thanks to a nt $1,000 donation from Floyd orial Hospital.

program, sponsored by the ith Central Indiana Council for Aging and Aged, serves hot lunches to more than 400 homebound residents in Harrison, Floyd, Clark and Scott counties.

According to Patricia Jewell, executive director of the Council, Floyd Memorial's gift was the largest single donation received this year.

"This contribution was greatly needed," Jewell said. "It will enable us to provide additional meals and avoid putting homebound people on a waiting list."

Meals on Wheels has been operating locally for 20 years. For more information on the program, call the Council's main office at 1-948-8330.

ON DEMOCRAT, Corydon, Ir

October 27, 1993,

Page 6 SENIOR TIMES, September 1993

South Central Council for the Aging and Aged Selects Honorees for Awards Program

South Central Indiana Council for the Aging & Aged, Inc., recently selected honorees for the 1993 Older Hoosier of the Year and Older Woman of the Year awards.

The Older Hoosier of the Year award is the highest honor bestowed on a senior by the Indiana Family & Social Services Administration, Aging & In-Home Services Division and the Governor's Voluntary Action Program. The award recognizes an outstanding senior (male or female) for volunteer community service which improves the quality of life of others.

Blake Burns, of Scottsburg, has been selected to represent Area 14. His volunteer efforts include the Scott County Historical Society, Scott County Preservation Alliance and the Scott County Cemetery Committee. He is a member of the Council on Aging Board of Directors and served as the Scott County Coordinator of the 1992 Senior Citizens Angel Tree project. He will be honored at the 1993 Governor's Conference on Aging in October in Indianapolis.

Savilla Bliss, of Harrison County has been selected as the 1993 Older Woman of the Year for Area 14. Selection is based upon life achievements, volunteer work and civic contributions. She attended a recognition ceremony at the Indiana State Fair on August 13, where she was honored along with 15 other statewide representatives.

Savilla has been volunteering for over 44 years in her hometown of Corydon. She has been assisting the Red Cross Bloodmobiles for 38 years, Harrison County Mental Health/Madison State Hospital for 30 years and the Harrison County Hospital Gift Shop for 15 years. A favorite effort of hers involves sharing her antique collection of household implements with school-children.

The Council for the Aging is honored to have these two fine individuals represent the area. They are both very deserving of wards and typify rit of voluntee.

Council on aging taps Bliss for honors

The South Central Indiana Council for the Aging and Aged recently selected a Corydon woman as the 1993 Older Woman of the Year award for Area 14.

Savilla Bliss was honored at a recognition ceremony at the Indiana State fair along with 15 other statewide representatives.

The selection is based upon life achievements volunteer work and civic contri s.

Bliss has been volunteering for more than 44 years. She has been assisting the Red Cross Bloodmobile for 38 years, Harrison County Mental Health/Madison State Hospital for 30 years and the Harrison County Hospital Gift Shop for 15 years. She also enjoys sharing her antique collection of household implements with school children.

A Scottsburg man, Blake Burns, was named 1993 Older Hoosier of the Year.

October 27, 1993, THE CORYDON DEMOCRAT,

Page 2 THE BANNER-GAZETTE, Wednesday, November 3, 1993

Senior Citizens Christmas Angel Tree to be at River Falls Mall

As the holiday season approaches, most of us look forward to the happiness and joy it brings to us, our families and our friends. Christmas has to be one of the most exciting and pleasurable events of the year. But to the hundreds of homebound and nursing home residents, Christmas can be a time of severe depression and gloom, especially to those who are without family or friends.

For this reason, the South Central Council for the Aging and Aged, in conjunction with the Salvation Army, is embarking on their fourth annual Senior Citizens Angel Tree project to be held at River Falls Mall from Thursday, Nov. 11 to Wednesday, Nov. 24.

The Council receives the names of those residents from area nursing homes who qualify for the program along with their individual "Wish List" (a list of those items they would enjoy receiving). This list is then transferred to a "Paper Angel" and shoppers may choose the "Angel" they would like to buy for. After the gifts are bought, the shopper returns them to the mall and places them under the Angel Tree. The Council then is responsible for seeing that all residents receive their gifts in plenty of time for Christmas.

Community support has been overwhelming in the past, and the Council has great hopes the response will be equal to the last three years. You can assist by taking the name of one of the "Angels". Also, those willing to donate on a monetary basis can make their checks payable to the "Senior Citizens Angel Tree" and mail it to the Council for the Aging, 134 E. Main Street, New Albany, IN 47150, by Monday, Nov. 15. All contributions go toward supplementing and shopping for some "Angels" not taken by the general public; however, the majority are taken care of by direct gifts.

For any questions or further information, call Sue Clayton, Angel Tree Coordinator, at 948-8330.

FLOYD MEMORIAL HOSPITAL

NEWSBRIEFS

Meals on Wheels Program Gets Boost

Thanks to a $1,000 contribution from Floyd Memorial Hospital, the local Meals on Wheels program will continue to roll to the homebound. The program, sponsored by the South Central Indiana Council for the Aging and Aged, serves hot lunches five days a week to more than 400 homebound residents of Floyd, Clark, Harrison and Scott counties.

According to Patricia Jewell, executive director of the council, Floyd Memorial's was the largest single donation received this year. "This contribution was greatly needed. It will enable us to provide additional meals and avoid putting homebound people on a waiting list," said Jewell. She says it's not uncommon for other Indiana meals programs to have extensive waiting lists.

Meals on Wheels has been operating locally for 20 years. For more information on the program, call the Council for the Aging and Aged at 948-8330.

Sunday Ledger-Tribune, July 25, 1993

Donation

The Veterans of Foreign Wars Post No. 3281 recently presented a check to the Allied Seasonal Assistance Program for the purchase of air conditioners for people with medical needs. From left are Pete Hodge, Post Cmdr. Wes Farnsley, Junie Ritchie, Mary Ann Carnighan, of Family Service and Woody Miller, of the American Red Cross.

(Tribune photo by Cheryl Fiscus Humphrey)

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Page 4 THE BANNER-GAZETTE, Wednesday, November 17, 1993

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~~In other words, they are either hunting archery or firearms, not both. Archers must also wear hunter orange when hunting during either firearms or muzzleloader seasons.~~

For any questions or further information, call Sue Clayton, Angel Tree Coordinator, at 948-8330.

THE CORYDON DEMOCRAT,

Wednesday, August 11, 1993,

Bliss selected HC Older Woman of the Year, Area 14

South Central Indiana Council for the Aging and Aged Inc. recently selected Savilla Bliss of Harrison County as the 1993 Older Woman of the Year for Area 14.

A recognition ceremony will be held Aug. 13 at the Indiana State Fair.

Selection is based upon life achievements, volunteer work and civic contributions.

Bliss has been a volunteer for over 44 years in Corydon. She has assisted the Red Cross Bloodmobile for 38 years, Harrison County Mental/Madison State Hospital for 30 years and the Harrison County Hospital Gift Shop for 15 years.

Wheeling in the meals

Program gives healthy meals to Floyd area senior citizens

Tribune, Nov. 21, 1993

By MARK FLENER
Tribune Correspondent

ROLLING, ROLLING, ROLLING — The local Meals on Wheels program will continue to roll to the homebound, thanks to a recent $1,000 donation from Floyd Memorial Hospital. Hospital CEO Bryant Hanson, left, and nutrition director Mike Whooley present the check to Patricia Jewell, executive director of the South Central Indiana Council for the Aging and Aged, which sponsors Meals on Wheels.
(Submitted photo)

SOME senior citizens cannot cook for themselves, much less go out to eat.

That's where the Elderly Nutrition Program, better known as Meals on Wheels, comes in.

The local program, operated by The South Central Indiana Council for the Aging and Aged, is designed to serve shut-ins and disabled senior citizens in Floyd, Clark, Harrison and Scott counties. Meals on Wheels also serves senior citizens who are able to come to meal sites.

Since its inception, Meals on Wheels has been in high demand.

"It's been in our area since 1973," said Pat Jewell, executive director of the council for the aging. "It was the first nutrition program in the state of Indiana. Several years ago, we had a waiting list."

There is no waiting list now, but volunteers are still needed. "We don't have enough," said Della Lopp, a site manager at Riverview Towers. "I need some volunteer drivers badly."

The availability of Meals on Wheels volunteers varies. "Most (deliver) two or three times a month," said Lydia Miller, a volunteer.

Miller and her husband, Lawrence, have been volunteers for two years. "We (deliver) two or three times a week," she said. They often substitute for unavailable drivers as well.

Hot lunches are delivered Monday through Friday. Meals are delivered from 11:30 a.m. to 1:30 p.m., said Michael Hooley, nutrition director for Meals on Wheels.

The meals are delivered at the congregate sites by ARA Services, the catering company that supplies food to the program. "The food is always hot when we get it," said Hooley.

Meals on Wheels delivers to homes within five miles of each site. "We deliver 400 meals a day," Hooley said. "Most of the people we are serving are close to 80 years old. These people at home depend on that meal, we've got to get it to them."

Eight employees and 150 volunteers deliver meals for the program. The volunteers do more than half the meal deliveries, Hooley said.

Hooley said all the drivers are invaluable. "They're all good," he said.

Volunteers and drivers help the elderly shut-ins in more ways than one. "A lot of people have more needs than just meals," Hooley said.

Some shut-ins may need medical attention or housekeeping services. Some may not be able to care for themselves.

"If a volunteer sees that someone's going downhill, they report this to the office," Hooley said.

Hooley himself often delivers meals for drivers who are unavailable at the last minute. "I've delivered routes in New Albany, Jeffersonville ... I've done 'em all just about," Hooley said.

Meals on Wheels sends menus every month to recipients of the program. The meals are served at the sites by reservation only.

For homebound people, the service is automatic unless they notify their site manager they do not want to be served on a certain day.

Meals on Wheels gets funding from the Department of Agriculture and private contributions. Recipients of the program are asked, but not required, to donate $1.25 per meal. The meals cost Meals on Wheels $3.50 each.

Hooley said the services Meals on Wheels provides are special to elderly shut-ins. "For a lot of them, it's the highlight of their day," he said.

Donations should be sent to: Meals On Wheels, 134 East Main Street, New Albany, Indiana, 47150. Checks should be made payable to Meals on Wheels, or to the Elderly Nutrition Program.

Anyone wishing to volunteer or who knows someone in need of the service should call Hooley at 948-8330.

December 15, 1993

The Corydon Democrat
Corydon, Ind.

Jo Ann Spieth

Gifts for the Angel Tree

Samantha Barlow wraps a present Friday morning at the Lincoln Hills Christian Church in Corydon. Members of the Harrison County Human Services Association wrapped gifts purchased for a senior citizens Angel Tree. The South Central Indiana Council for the Aging and the Salvation Army sponsored the project that bought gifts for 108 elderly homebound and nursing home patients in Harrison County and at Todd-Dickey Convalescent Center in Leavenworth.

The Tribune, Friday, November 12, 1993

'Tis the season

Salvation Army tends to holiday needs with donations and love

By MELISSA J. GOFORTH
Tribune Staff Writer

ROXANNE Haley feels blessed to be part of the Salvation Army's Christmas spirit.

"Knowing how many people that are helped with our programs is my Christmas, it really makes it for me," said Haley, the organization's local business administrator. "The Salvation Army is such a great program. I can't imagine not being a part."

While the Salvation Army works year-round for those in need, Haley said Christmas is special for the organization's local branch, which serves residents of Floyd, Clark, Harrison, Scott, Washington, Crawford and Orange counties.

> **"Knowing how many people that are helped with our programs is my Christmas, it really makes it for me."**
> Roxanne Haley
> Salvation Army administrator

"It's the highlight of our year to be able to help so many people at Christmas," she said.

Over 1,000 people from the area will volunteer their time and services in many ways to make this holiday season joyous for those in need.

Haley said they find many need help at this time of the year because they can't afford luxuries such as gifts. "A lot of times it's parents wanting to buy toys for their kids and they just can't afford it," she said.

That's where the Salvation Army steps in. With the help of dedicated bell-ringing volunteers, donations are dropped into the organization's trademark red kettles. From there, the money goes directly toward making the season brighter.

While the Salvation Army is a non-denominational church open to all, Haley stressed the money donated goes solely to needy.

"The money does not go to Sunday services, it goes right back into the community," she said.

Donations help fund a "toy shop" for children up to 12 years of age or in the sixth grade. Parents are allowed to pick out two new toys without their children knowing where the items came from.

Last year, Haley said 1,378 children received two new toys.

An Angel Tree in the Green Tree Mall allows some children, up to age 16, the opportunity to receive some basics for Christmas. The program has been around since 1984.

Important information, such as the child's first name, age, sizes and needs, are all listed on a "wish list."

Anyone wanting to help out the children may take the wish list with them and purchase the new items needed. The first name of a child is then written on a card shaped like an angel and is hung on the tree.

The gifts are returned to the Angel Tree location and the goods are delivered to the child, whose identity remains anonymous.

The Angel tree program begins Nov. 26 and all new items need to be in by Dec. 15.

The Salvation Army also has helped the South Central Council for the Aging and Aged operated a Senior Citizen Angel Tree — which works like the other angel tree — for the past three years.

This tree began yesterday at the River Falls Mall with Nov. 24 being the last day to turn items in.

Last year's Angel Tree helped 3,173 children and the Senior Citizen Angel Tree helped 625.

SEEING ANGELS — The South Central Council for the Aging & Aged, in conjunction with the Salvation Army, began its fourth annual Senior Citizens Angel Tree project, to be held at R Falls Mall through Nov. 24. Preparing the tree are, from left, Willowbrook Manor Activitie rector Frances Goforth, Salvation Army Business Administrator Roxanne Haley, Council Ange Coordinator Sue Clayton, and Council Student Intern Nancy Lemons. Clayton's costume was nated by the Costumiery.

(Tribune photo by Dave D

In addition, volunteers visit all local nursing homes and give out small presents, such as socks, and they visit the jail and give candy gifts.

Last year, 675 food baskets were given to those in need and the effort will be repeated again this year.

Those in need can always find help in the Salvation Army, Haley said. "We don't turn anyone away," she said.

But the group checks with other agencies to be sure they're not serving the same people, she added.

Those in Floyd County wanting to apply for Christmas assistance can do so at 1313 Bono Road until Nov. 24. Applications will be taken from 9 a.m. to noon Monday through Friday.

Applications for residents of Clark County who live east of Interstate 265 will be taken at the office located next to the Salvation Army Thrift Store at Gateway Plaza in Jeffersonville.

Residents west of I-265, which includes Clarksville, should go to the New Albany office.

Applicants need to bring proof of rent, such as receipts; proof of income; proof of address, such as utilities receipts; and the social security number of each person in the household.

Many people don't realize that the Salvation Army is more than a service organization. "There's a lot of people who associate us with the red kettles and helping the poor, and that's so true and we're proud of that. But ... we are a church," she said.

As a church, Haley said the Salvation Army serves more than material needs. "You can help them with food and physical things, but need runs much deeper than that," she said.

"We offer compassion for people ... and we often are a shoulder to just lean upon."

Directory helps those seeking or giving aid

By DAVE DAVIS
Tribune Staff Writer

Individuals needing help, or organizations trying to offer assistance, now have a new way of finding local human service agencies.

The Community Resource Directory, published by the South Central Indiana Council for the Aging and Aged, has recently been updated and made available to the public and private agencies.

The directory contains information on 175 different human service organizations and agencies in Floyd, Clark, Harrison and Scott counties, as well as some Louisville agencies, said Pat Jewell, executive director of the council.

"It has just about everyone in the four county area we cover," Jewell said.

While most of the directory is aimed toward the elderly, other residents can also benefit from it.

"We are not just an elderly agency anymore," said Frances Hunter-Able, who was in charge of compiling the directory.

The directory lists agency names, addresses, phone numbers, programs offered, eligibility requirements, fees (if any), counties served and whether or not transportation is available.

In addition to the printed format, the directory is also available on computer disk for those with an IBM-compatible computer.

The directory costs $18 if picked up at the council's office at 134 E. Main St. in New Albany, or $20 if ordered through the mail. A $3 discount is offered if 10 or more copies are ordered.

July, 1993

Lend your holiday hand

By LARRY THOMAS
Tribune Staff Writer

With a few minutes of your time and a little bit of money, you can make Christmas more enjoyable for a local nursing home resident.

For the fourth consecutive year, the South Central Council for the Aging & Aged, the Salvation Army and River Falls Mall will provide a Senior Citizens Angel Tree. The project begins Nov. 11 and runs through Nov. 24.

The tree includes the names and Christmas wish lists of area nursing home residents who have no family or friends. Mall shoppers select a paper angel from the tree, and buy Christmas gifts for a nursing home resident.

Gifts are returned to the Angel Tree and are distributed by the Council for the Aging & Aged.

"I cannot think of anything sadder than being in a nursing home and being ill and having no family and friends," Angel Tree coordinator Sue Clayton said.

Last year's tree included angels for 625 Southern Indiana nursing home residents. "They all got gifts," Clayton said.

The council also accepts monetary donations for the program. Such contributions can be sent to Senior Citizens Angel Tree, Council for the Aging, 134 E. Market St., New Albany, IN, 47150. They should be postmarked before Nov. 15.

The money that is donated is used to buy gifts for seniors who angels are not taken from the tree.

Clayton said occasionally, people select angels and, because of pre-Christmas chaos, forget to buy gifts. She discourages that.

"Why bother doing this if you don't have serious interest?" Clayton said.

Many people, Clayton said, don't have much contact with the elderly. Even though angel tree participants don't directly meet the nursing home residents that they help, Clayton thinks the program is a great way to contribute to an older person's holiday.

"Their faces just light up," Clayton said.

For more information about the program, call Clayton at 948-8330.

The Tribune's Silver Lining, Monday, Oct. 25, 1993

Southern Indiana Holds Senior Games

by Patricia Jewell, Executive Director South Central Indiana Council for the Aging and Aged, Inc.

The sixth annual Senior Games of Indiana were held in the Jeffersonville-New Albany area in May. The opening ceremonies took place on May 27, preceded by a fun walk which included over 300 seniors. Mayor Raymond Parker of Jeffersonville, the site of the opening, and Mayor Doug England of New Albany, welcomed the crowd along with other area dignitaries.

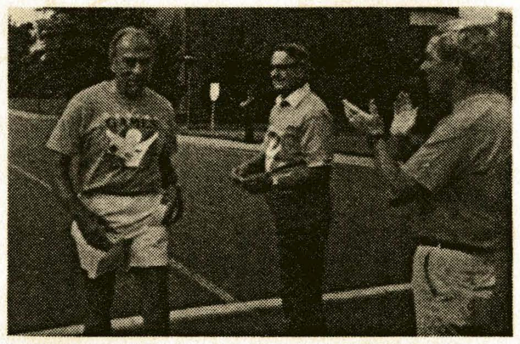
The seven day event included a dance contest, golf, fishing, frisbee golf, horseshoes, basketball toss, bowling, one and two mile walks, card games and fun games. Hog calling and husband calling contests generated a lot of enthusiasm and media coverage. Over 500 energetic seniors competed in various events for gold silver and bronze medals.

A Health Fair was held on May 31, in conjunction with the games. Eighteen exhibitors provided numerous health screenings, and distributed health related literature to over 300 participants.

Nursing Home Games were hosted by Providence Retirement Home in New Albany. Ninety residents from sixteen nursing homes in Clark, Floyd, Harrison and Scott counties competed in three categories for medals. Playoffs had been held in individual facilities and winners then competed with those from other homes.

Closing ceremonies were held in New Albany on June 4th with over 500 in attendance. A Hawaiian theme dominated the event with games participants wearing colorful leis and ladies displaying beautiful flowers in their hair. Rascals of Ragtime played as dozens of medal winners crossed the stage to the acknowledgement of the crowd. Dignitaries besides the mayors included state senators and representatives. There was also a call from Congressman Lee Hamilton who was forced to miss this year's closing due to the House of Representatives being in session.

Senior games of Indiana are sponsored by South Central Indiana Council for the Aging & Aged, Inc. and supported totally by private sector money. The 1992 Gold Star sponsors included Acordia Senior Benefits, John Kenyon Eye Center, Clark Memorial Hospital, Citizens Fidelity Bank, Bradley Black, M.D., Akin Medical Center, Dieckmann Funeral Home, American Eye Institute, Kentucky Fried Chicken of Southern Indiana and Floyd Memorial Hospital. Silver Star sponsors were Kraft Funeral Home, The Hartfield Company and Seabrook Funeral Home. Thousands of dollars of in-kind services were provided by community businesses and organizations. Senior Games are very popular in Indiana and the local games are among the largest in the state.



William Martin, Clarksville, crosses the finish line to win a gold medal in a walking race at the Southern Indiana Senior Games

Kathy Gannoe, president of the AOK addressed Forum members.

Association of Older Kentuckians

At a recent Forum membership meeting, Kathy Gannoe, president of the Association of Older Kentuckians, spoke about the AOK and its mission of advocating "of, by and for" older Kentuckians. Developed as a bipartisan organization, the AOK represents all older Kentuckians and strives to advocate for their rights and needs and assist with accessing community resources.

The AOK currently produces a radio talk show, Prime Line, that is broadcast state-wide and focuses on issues of interest to older persons. Future plans call for development of regional "town forums" intended to increase communication, and a state-wide, toll-free phone number to serve as a single entry into the aging system. Staffed by volunteers, the proposed 'hotline' will provide information on resources available to older persons and their families.

The AOK is instrumental in planning and developing the upcoming Governor's Conference on Aging, to be held October 13 and 14 in Frankfort. The primary purposes of this conference will be to determine interests and concerns of older Kentuckians and to establish priorities in aging for the state of Kentucky.

Transportation grants will give agencies' clients smooth rides

By BOBBIE HARVILLE
Staff Writer

Clients of some social service agencies will ride a little easier thanks to grants from the Indiana Department of Transportation. The money will pay for vehicles and equipment to transport elderly and disabled people.

Agencies use everything from school buses to cellular phones in transporting clients who can't get around because of economic or physical restrictions.

The state has awarded 42 grants totaling more then $1.5 million through the Federal Transit Administration. Recipients contribute a 20 percent match.

The South Central Council for the Aging and Aged Inc. which serves Clark, Floyd and Scott counties, will have a new $18,000 van on the road by spring because of the grant, said Pat Jewell, the agency's executive director.

The van, which will replace one that has logged 100,000 miles, will take groups to the grocery and nutrition sites among others, she said.

The grant is a godsend because "with the operating budget we have now, there's no way we can replace capital equipment," Jewell said.

Even with the agency's $178,000 budget for transportation, she said, it's tough to meet the need. Transportation continues to be "the No. 1 priority" in all the surveys of people's needs.

"Our role is to develop programs and services to enable older people to remain independent as much as possible. So we try to fill in the gaps in service," Jewell said.

New Hope Services of Clark and Scott counties plans to spend $32,500 equipping its fleet with mobile radios. The money will also be used to buy portable radios and six base-station monitors.

New Hope provides rehabilitation services for children and adults.

The radios will be installed in New Hopes buses and vans "so they can communicate back and forth and in the event of an emergency," spokeswoman Marcia Hammack said. "It's basically for safety."

The agency has used CB radios, but they "didn't give us enough distance to do very much," she said.

New Hope covers "200,000 miles a year in those vehicles. They're out there on the road a lot, and they need to communicate," she said.

Other grant recipients include Hoosier Valley Economic Opportunity Corp. in Clark, Floyd and Harrison counties, $15,000 for a minivan; and Blue River Developmental Services in Harrison, Washington, Crawford and Orange counties, $52,000 for two lift-equipped vans.

THE COURIER-JOURNAL
LOUISVILLE, KY.
WEDNESDAY,
SEPTEMBER 1, 1993.

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Because of a reporter's error, a story in Saturday's Business section contained incorrect information on the plans of Anson Stamping Co. The firm will lease existing space at Jefferson Riverport International for its plant.

'Golden Evening' Planned to Benefit FMH Scholarship Program.

The Floyd County Medical Society Alliance will hold its seventh annual benefit gala, the "Golden Evening", on Sunday, Nov. 14, beginning at 4:30 p.m. with a gala reception at Classic Creations in New Albany. Following the reception, gourmet dinners will be served at several "mystery" homes in the area.

Proceeds from the event benefit Floyd Memorial Hospital's Medical Careers Scholarship. Last year's event raised $28,000 for the fund, which is currently helping 23 students pursue careers in healthcare. Tickets for the event are $75 per person. Reservations are required and can be made by calling 949-5519.

Pictured, left to right, are: (seated) Barbara Jones, Gerry Nedelkoff (Floyd Co. Medical Society Alliance); (standing) Bryant Hanson, FMH president, Joyce Brown, FMH Foundation, and Diane Ballard, FMH Director of Development.

"wrong caption" Banner-Gazette , November 10, 1993

Golden Opportunities, Jeffersonville, Ind., Tuesday, November 16, 1993 9

Staff photo

SENIOR WINS TOP HONOR _ Blake Burns of Scottsburg, right, accepts the "1993 Older Hoosier of the Year" award from Michael Hetzel, president of the board of directors of Area 14 Agency Aging. The award is the highest honor bestowed in the state fo volunteer community service.

Senior drivers advised to buckle down for saf

By TIM GOEBEL
Golden Opportunities Staff Writer

For unknown, unintentional reasons, senior citizens have been left out when it comes to seat belt safety. That's starting to change, though.

Over the next year, the Indiana State Police, Clark Memorial Hospital, the Social Security Administration and the South Central Indiana Council for the Aging and Aged Inc. are concentrating on getting the word out to seniors about seat belt safety through Operation Buckle Down.

By working with senior citizens' groups and clubs and the American Association of Retired Persons, and with the help of a grant from the Governor's Task Force on Alcohol and Drug Abuse, the four groups hope to get the word out.

Seniors have "unintentionally been ignored and they shouldn't have been," said State Police Sgt. Marvin Jenkins, who led an introductory class on seat belt safety at the Ken Ellis Senior Center recently.

"There's a problem here, and we're concerned," he told the audience of some 20 seniors.

Children are taught at an early age to use seat belts, as are teenagers, he said. Parents use seat belts because their children, using what they learned in school, insist on it. That leaves the seniors.

Many seniors have preconceived fears like being trapped with their seat belt on, or seat belts are too uncomfortable because of an ailment like arthritis, said Pat Jewell, executive director for the South Central Indiana Council for the Aging and Aged.

In most cases, during their youth, seat belts didn't exist and a habit to buckle up was never formed, Jenkins said.

"We have to break old habits and form new ones," he said. "Don't let rumors and myths keep you from making new habits."

The automobile manufacturers are starting to address the needs of the general public by installing automatic seat belts in cars and trucks, Jenkins noted. But, most importantly, education is needed.

There are no statistics on elderly people not wearing seat belts in accidents, Jenkins admits. It does take 21 straight days to form a new habit.

According to **Secure Retirement** magazine, contrary to popular belief, mature drivers _ aged 65 and older _ have the lowest accident involvement rates of any age group.

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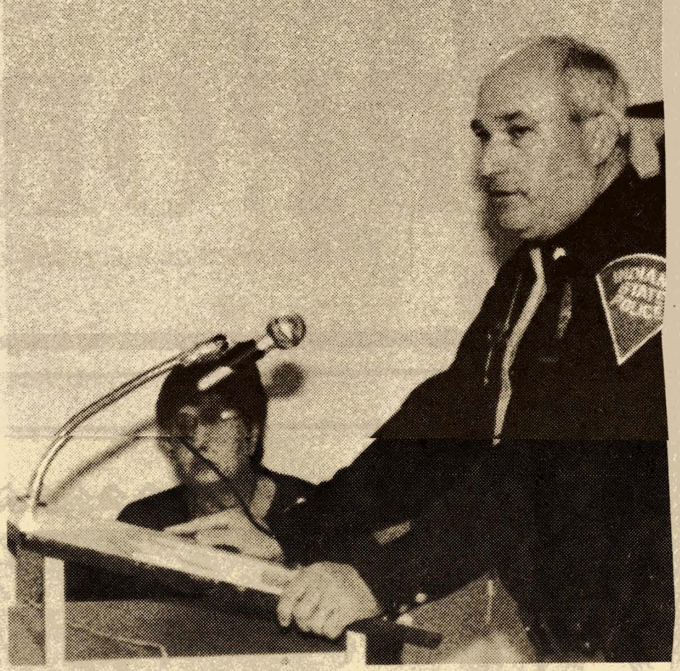

STATE POLICE Sgt. Marvin Jenkins addresses senior Operation Buckle Down at the Ken Ellis Center.

* Don't drive when tired. Pull over to the side of the road if sleepy.

* As part of a complete medical examination, ask your doctor if any diseases or conditions have been found that might cause reduced attention or slower reaction time.

Also, ask for a review of your drug intake for driving effects.

* Avoid night driving, if possible.

* Try to stay on familiar roadways and plan the safest route, opting for roads with clearly-marked signals, signs and lanes, adequate street lighting and minimal left turns.

STAFF PHOTO BY MICHAEL HAYMAN

Bob Boyce and his wife, Thelma, beside him, along with Bob's sisters, Margaret Boyce, far left, and Mary Boyce, have delivered thousands of hot meals to the elderly in Jeffersonville.

JEFFERSONVILLE

Family delivers sustenance for the body – and the soul

DALE MOSS
SOUTHERN INDIANA COLUMNIST

Helen Harris grimaced as she shuffled to the table on which Thelma Boyce set the plastic-foam container of lunch.

"Feeling bad?" Boyce asked.

"Who doesn't, at 88?" Harris said, easing into a dinette chair.

"We just went to one who's 104," Boyce continued.

"Oh, I don't want to live that long," Harris said.

Boyce commiserated, then walked toward the door.

"Nice to have someone to talk to," Harris said. "God bless you."

A few steps outside, Boyce shook her head. "See why we get depressed sometimes?" she asked. "We're getting up there ourselves."

Then Boyce returned to the idling beige Ford Fairmont, and her husband, Bob Boyce, drove her to an apartment whose elderly tenant has cats under her feet and cat pictures on the walls.

At the stop after that, Edward Garrett reclined in an easy chair, oxygen coming from a tank through tubes into his nose.

"You don't expect that kind of service from $10-an-hour people," he said of the Boyces, while Thelma Boyce placed his baked chicken, new potatoes and cantaloupe on a nearby table and Bob waited in the car. "Rain — cold weather — they're out in it."

Getting up there or not, they'll be out in it again today as they are each Wednesday delivering Meals on Wheels to elderly shut-ins in Jeffersonville. Thelma Boyce, 79, and Bob Boyce, 78, of Clarksville, have delivered lunches for 18 years without taking $10 an hour — or anything at all. They even reject the 25 cents per mile.

Mary Boyce, Bob's 81-year-old sister, delivers too. "I retired (from work) on a Tuesday," Mary Boyce said, "and they had me here on Wednesday." Another sister, Margaret Boyce, 83, made deliveries for nearly 20 years before stopping last spring because of iffy health.

The Boyces have volunteered nearly since the program began, often on behalf of people younger than themselves, such as Garrett, 73, and Harriet Haley, 68.

"If I wasn't on it (Meals on Wheels), I'd probably be in a nursing home," said Haley, who has emphysema.

"They're almost a legend," Brenda Klein said of the Boyces. Klein's South Central Indiana Council for the Aging & Aged provides the more than 700 government-subsidized lunches each weekday at 15 sites or for delivery.

Obviously, the Boyces don't stay depressed. Their work is vital. The program is growing and the council might limit the number of meals if it can't find more volunteers with wheels, nutrition director Mike Whooley said.

The work keeps the Boyces vital. It isn't the hassle of the week, but the highlight.

Bob Boyce recalls a stop two days before Christmas. The confused recipient thought it was May and would have missed the holiday.

Last Wednesday a 93-year-old woman needed a kitchen light bulb changed, and a blind man asked the Boyces to return Braille materials to the library. Margaret Boyce chipped ice from a woman's doorway one winter and fixed another woman's blinds.

"We don't require drivers to do extra stuff," Whooley said. "But every single one does."

Last Wednesday, Thelma and Bob Boyce had 22 meals to deliver. Twenty-two times she got out of and back in the car, 22 times he had to find the right home and a place to park.

Twenty-two times — if but with a smile or a pat — they seemed to make someone's day.

"Sometimes," Bob Boyce said, "we're the only people they see."

Another round completed, the Boyces headed to Wendy's. After all, it was lunchtime.

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To volunteer to deliver, call Whooley at 948-8330. Help is most needed in Jeffersonville, Clarksville and New Albany.

Courier Journal 8/11/93

NEWS

Safety belt
targets sen

By HOLLY AGAN
Tribune Staff Writer

Seventy-three-year-old Charlotte Egan does not wear a seat belt because of what she describes as "a fear of having neck arteries severed."

Jessie Bennett, 69, says she chooses not to wear hers because of "a feeling of confinement." The Clarksville woman, however, insists her children and grandchildren wear their safety belts.

They are two of thousands of senior citizens that Indiana State Police Sgt. Marvin Jenkins is trying to reach.

Jenkins spoke to dozens of the 55-and-over set recently at the Ken Ellis Community Center in Jeffersonville about the importance of buckling up.

"You're the last stronghold in this state that we find resistance from," Jenkins said to the group. "I realize when most of you started driving,
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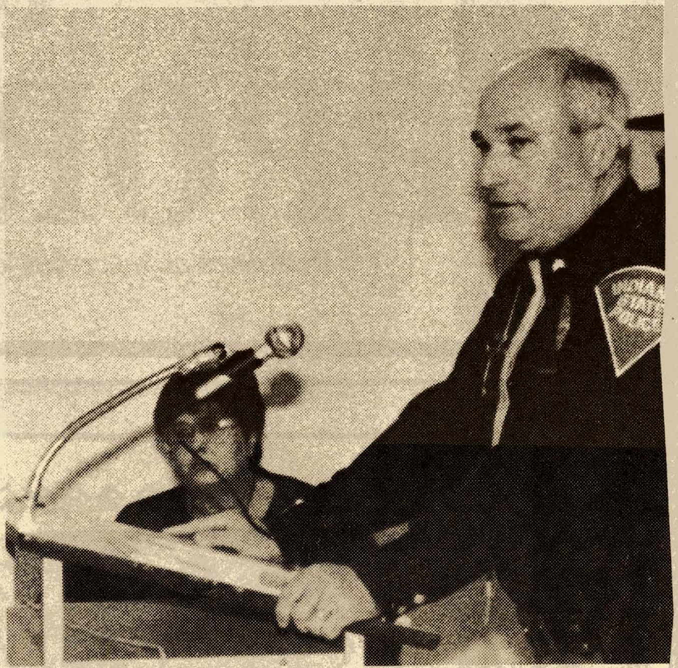

STATE POLICE Sgt. Marvin Jenkins addresses senior Operation Buckle Down at the Ken Ellis Center.

STAFF PHOTO BY MICHAEL HAYMAN

Bob Boyce and his wife, Thelma, beside him, along with Bob's sisters, Margaret Boyce, far left, and Mary Boyce, have delivered thousands of hot meals to the elderly in Jeffersonville.

JEFFERSONVILLE

Family delivers sustenance for the body – and the soul

DALE MOSS
SOUTHERN INDIANA COLUMNIST

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Mary Boyce, Bob's 81-year-old sister, delivers too. "I retired (from work) on a Tuesday," Mary Boyce said, "and they had me here on Wednesday." Another sister, Margaret Boyce, 83, made deliveries for nearly 20 years before stopping last spring because of iffy health.

The Boyces have volunteered nearly since the program began, often on behalf of people younger than themselves, such as Garrett, 73, and Harriet Haley, 68.

"If I wasn't on it (Meals on Wheels), I'd probably be in a nursing home," said Haley, who has emphysema.

"They're almost a legend," Brenda Klein said of the Boyces. Klein's South Central Indiana Council for the Aging & Aged provides the more than 700 government-subsidized lunches each weekday at 15 sites or for delivery.

Obviously, the Boyces don't stay depressed. Their work is vital. The program is growing and the council might limit the number of meals if it can't find more volunteers with wheels, nutrition director Mike Whooley said.

The work keeps the Boyces vital. It isn't the hassle of the week, but the highlight.

Bob Boyce recalls a stop two days before Christmas. The confused recipient thought it was May and would have missed the holiday.

Last Wednesday a 93-year-old woman needed a kitchen light bulb changed, and a blind man asked the Boyces to return Braille materials to the library. Margaret Boyce chipped ice from a woman's doorway one winter and fixed another woman's blinds.

"We don't require drivers to do extra stuff," Whooley said. "But every single one does."

Last Wednesday, Thelma and Bob Boyce had 22 meals to deliver. Twenty-two times she got out of and back in the car, 22 times he had to find the right home and a place to park.

Twenty-two times — if but with a smile or a pat — they seemed to make someone's day.

"Sometimes," Bob Boyce said, "we're the only people they see."

Another round completed, the Boyces headed to Wendy's. After all, it was lunchtime.

•

To volunteer to deliver, call Whooley at 948-8330. Help is most needed in Jeffersonville, Clarksville and New Albany.

Courier Journal 8/12/93

Safety belt program targets senior citizens

By HOLLY AGAN
Tribune Staff Writer

Seventy-three-year-old Charlotte Egan does not wear a seat belt because of what she describes as "a fear of having neck arteries severed."

Jessie Bennett, 69, says she chooses not to wear hers because of "a feeling of confinement." The Clarksville woman, however, insists her children and grandchildren wear their safety belts.

They are two of thousands of senior citizens that Indiana State Police Sgt. Marvin Jenkins is trying to reach.

Jenkins spoke to dozens of the 55-and-over set recently at the Ken Ellis Community Center in Jeffersonville about the importance of buckling up.

"You're the last stronghold in this state that we find resistance from," Jenkins said to the group. "I realize when most of you started driving, there weren't even seat belts in cars, but things have changed."

Myths, old habits and "hardheadedness" keep many older people from wearing seat belts, Jenkins said.

It is difficult to estimate, Jenkins said, the number of seniors wearing their seat belts, but it is apparent that they have been the group least-targeted since the law came into effect in the 1980s.

"The kids have it ingrained in them from school. The parents, then, get it just through osmosis of the kids," he said. "Teen-agers are learning it early on, too. So, basically, these folks (senior citizens) have been kind of left out. That's why we're emphasizing the importance to them."

Some seniors, like Freddie Stokes, 73, of New Albany, wear seat belts at all times.

"I wear mine all the time I'm in a vehicle. When the law was passed, I started doing it from then on," he said.

One of the biggest obstacles in getting seniors to comply with the law is attitude, said Mike Hetzel, president of the board of the South Central Indiana Council for the Aging and Aged.

"These people wouldn't dream of getting in a car without brakes or without lights at night," he said. "Yet they will climb into a car without wearing a seat belt. They don't equate seat belts with safety yet."

Through constant reinforcement, some seniors are realizing the necessity and lifesaving potential of seat belts, said Pat Jewell, executive director for the South Central Council for Aging and the Aged.

"We operate a large transportation system and mandate that they wear their seat belts at all times when they're in our vehicles," Jewell said, "We have to constantly remind them to wear them, so, hopefully, they will carry that with them when they are in their own cars."

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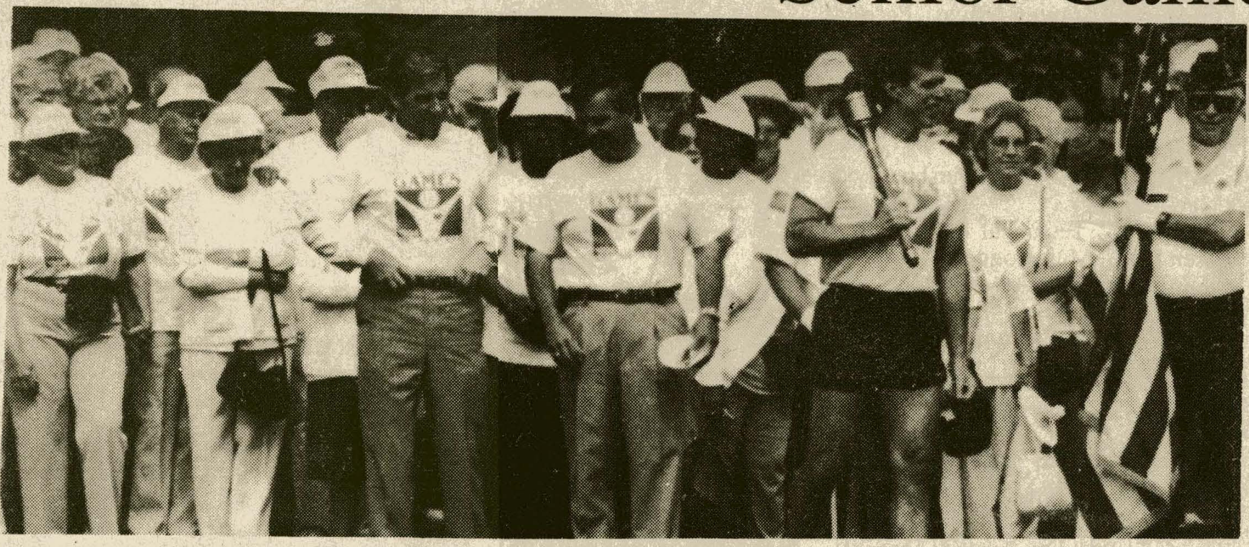
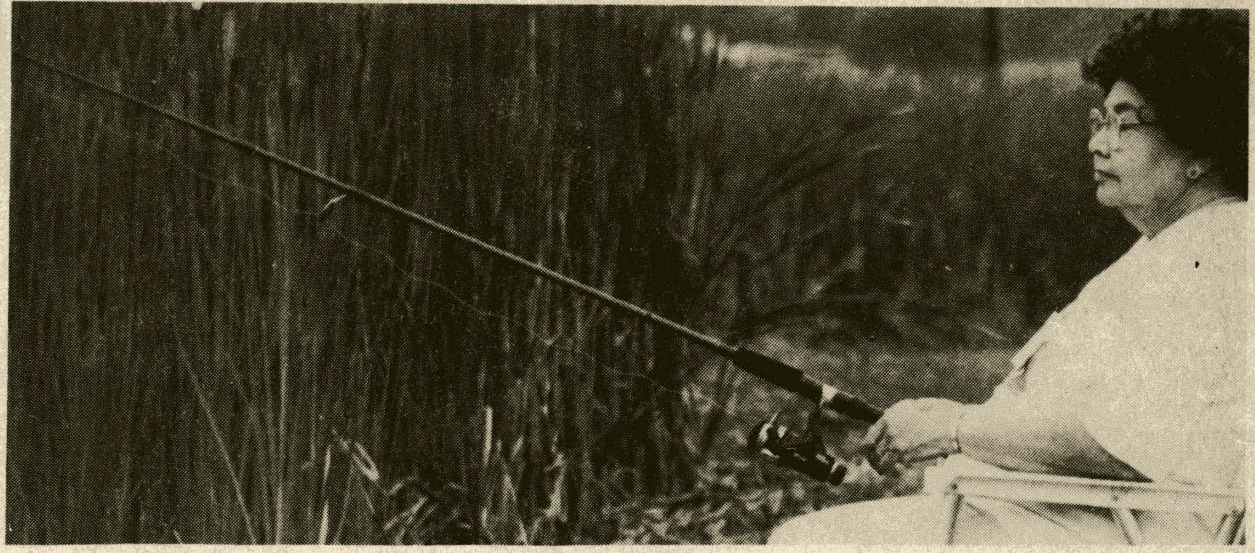
B4 The Evening News, Jeffersonville, Ind., Friday, June 10, 1994

Senior Games of Indiana



Staff photo by Ron Dick

SENIOR GAMES OF INDIANA, sponsored by the South Central Indiana Council for the Aging and Ages, Inc., held kick-off ceremonies at Warder Park. The ceremony was followed by a walk through downtown Jeffersonville.

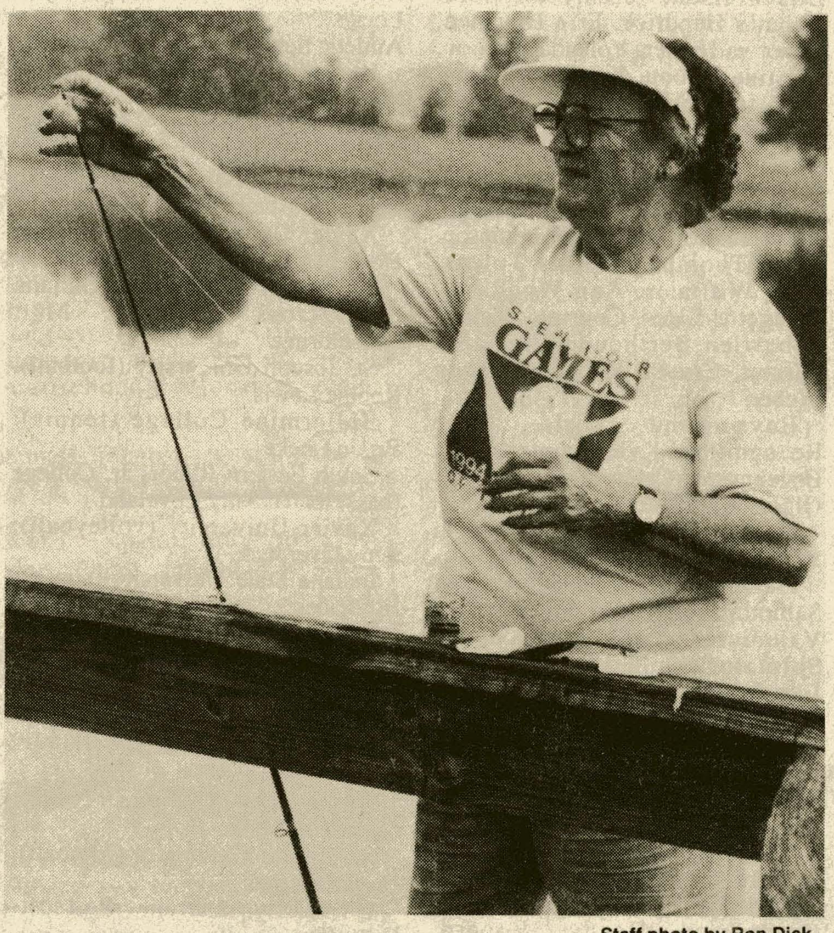


Staff photo by Ron Dick

A FISHING OUTING was held at Sam Peden Community Park in New Albany. Jessie Bennett waits patiently for the big catch.

Staff photo by Ron Dick

ROBERT FISH places the lucky bait on his pole at the annual Senior Games '94 fishing outing.



Staff photo by Ron Dick

NORA COMPTON of Palmyra enjoys an afternoon of fishing at Sam Peden Community Park. Senior Games is a yearly event.

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HONDA CARS OF CLARKSVILLE

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10 The Evening News, Jeffersonville, Ind., Tuesday, December 7, 1993

Staff photo by Ron Dick

SENIOR CITIZENS at the Ken Ellis Senior Opportunity Center got into the holiday spirit by making Christmas wreaths. Pictured from left are Leona Hepp, Geneva Simuel, Frances Lee, Blanche Wells, Mattie Simpson and Gertrude Taylor.

Restarting,

Social Security manager read

By VIRGINIA CRAIG
Tribune Staff Writer

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ALTHOUGH Michael Hetzel is quitting after 32 years on the job and will be taking the usual benefits, he refuses to say he is retiring.

Hetzel, 55, district manager of the New Albany Social Security office, will officially retire April 1. But April 4, a new life will begin for Hetzel and his wife Rosemary, who is also retiring. They will be moving to Florida and keeping busy.

"It's not retirement in that you sit at home," Hetzel said. "I will be involved with the community and working part-time. Yes, I'm taking my retirement benefits, but I won't be doing nothing."

Hetzel has been district manager of the New Albany office for the 17 years. While he loves his job and this community, he said he is ready for something new.

"When I look at the whole situation, I see it's time for me to go do something else. I see what I want out of life. I want to spend more time with my wife and do things that we haven't had the time to do," he said. "I look at it as an adventure."

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"Social Security has a very big impact," Hetzel said. "We are prob-

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Friday
March 18, 1994

Columbia last fall.

"Welcome home. Thanks
great job and a fantastic
weeks of microgravity resear
Mission Control told comman
John Casper and his crew.

NASA's oldest shuttle travel
5,820,146 miles and circled Ear
224 times during its journey.
was the space agency's 61st shu
tle flight.

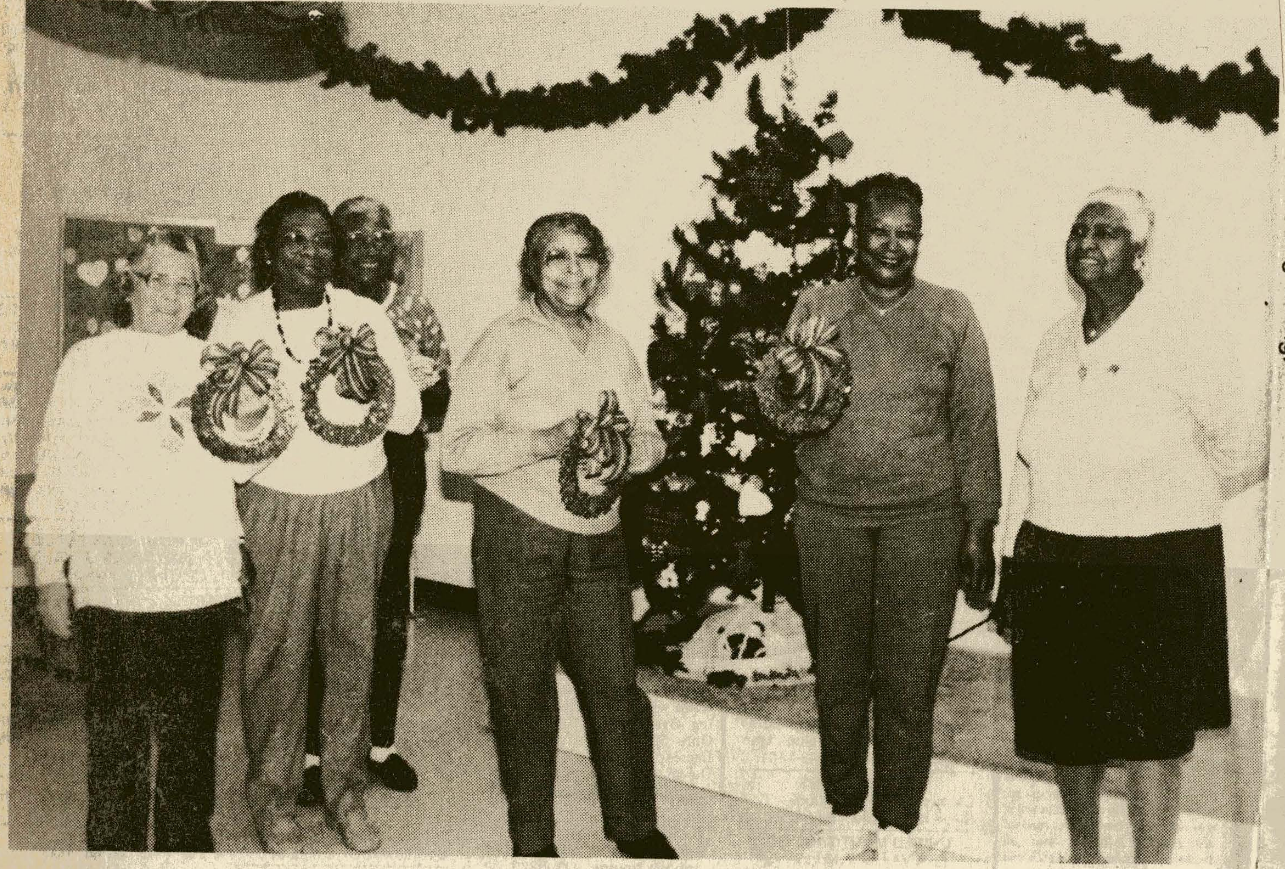
On the way back, Columbia flew over the entire length of the United States, crossing just north of San Francisco, down over the Southwest, across northern Texas, Louisiana and the southern tips of Mississippi and Alabama, and on into Florida.

Columbia was launched March 4 with 11 primary experiments, worth nearly $100 million. Most were commanded by remote control from the ground.

In one, researchers grew more than a yard of metal alloy in a French-built furnace in hopes of making better semiconductors. In another, 60 snowflakelike crystals were produced that could lead to stronger metals on Earth.

Many of the studies were geared toward putting an international space station in orbit around the turn of the century.

The astronauts snapped together a model of a space station frame and shook the 6-foot ob-



Staff photo by Ron Dick

SENIOR CITIZENS at the Ken Ellis Senior Opportunity Center got into the holiday spirit by making Christmas wreaths. Pictured from left are Leona Hepp, Geneva Simuel, Frances Lee, Blanche Wells, Mattie Simpson and Gertrude Taylor.

Restarting, not retiring

Social Security manager ready for next chapter

By VIRGINIA CRAIG
Tribune Staff Writer

> **"It's not retirement in that you sit at home. ... We love this area, but it's time we move on with life."**
> Michael Hetzel
> retiring Social Security manager

ALTHOUGH Michael Hetzel is quitting after 32 years on the job and will be taking the usual benefits, he refuses to say he is retiring.

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Hetzel has been district manager of the New Albany office for the 17 years. While he loves his job and this community, he said he is ready for something new.

"When I look at the whole situation, I see it's time for me to go do something else. I see what I want out of life. I want to spend more time with my wife and do things that we haven't had the time to do," he said. "I look at it as an adventure."

Originally from Evansville, Hetzel joined the Social Security office right out of college. Through a series of promotions, he was district manager in Chicago for 10 years before coming to the New Albany office.

Since they had moved around a lot, Hetzel said he and his wife were ready to settle down when they got to New Albany. With two children just starting school, the time seemed right, he said.

Working with Social Security has meant touching a lot of lives. Hetzel said his office, serving seven counties, deals with 45,000 people who receive social security benefits and handles $28 million a month.

"Social Security has a very big impact," Hetzel said. "We are probably the most visible federal agency. Internal Revenue hits people once a year. Social Security affects people every day and we affect every family."

Hetzel said an important part of his job as district manager has required him to become involved with other human services agencies.

"Being involved in the community is one way to say that we really do care, we are not just a cold bureaucracy that pays the benefits and says 'Hey, get lost,'" Hetzel said.

"You see the heartache people go through. Many times, those people don't even know Social Security is available or what other human services are out there," he added.

During his time in the area, Hetzel has served on the board or been president of several local organizations, including New Albany Catholic Charities, South Central Indiana Council for the Aging and Aged Inc., and Clark County Human Services Association.

MICHAEL HETZEL
...leaving Social Security position

Hetzel is looking forward to beginning a new chapter next month. He and his wife will be moving to a home near Daytona that's a block from the beach. "We love this area, but it's time we move on with life."

Friday
March 18, 1994

Senior Games of Indiana

Staff photo by Ron Dick

SENIOR GAMES OF INDIANA, sponsored by the South Central Indiana Council for the Aging and Ages, Inc., held kick-off ceremonies at Warder Park. The ceremony was followed by a walk through downtown Jeffersonville.

Staff photo by Ron Dick

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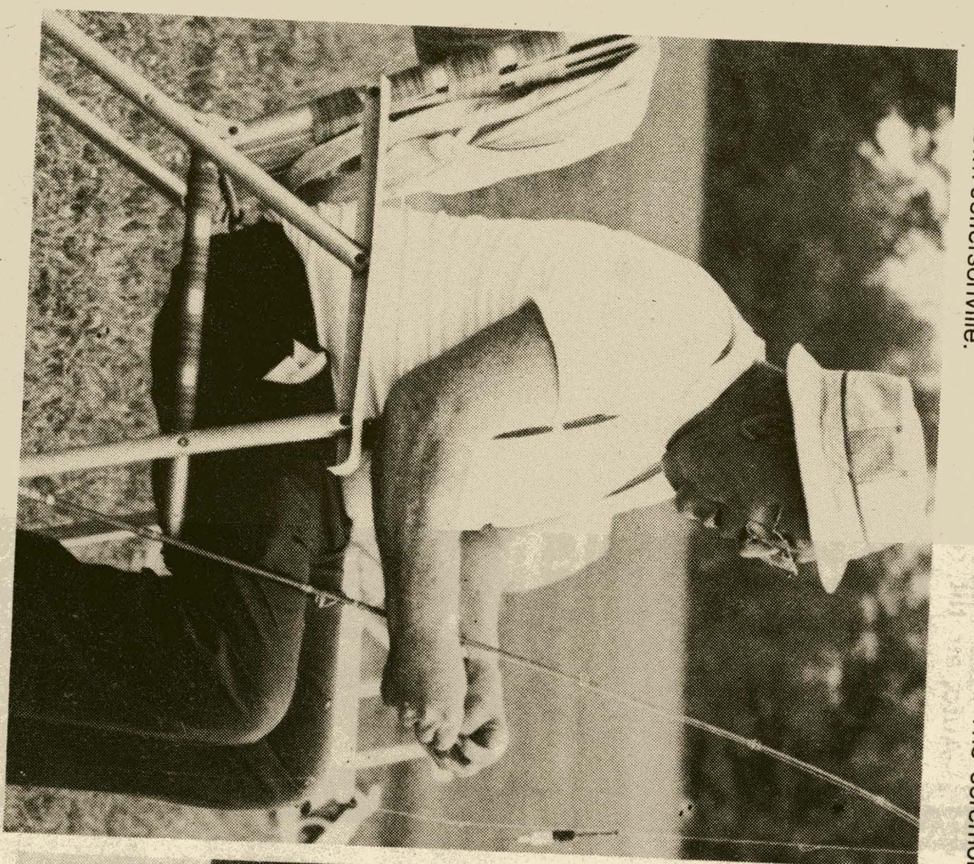

Staff photo by Ron Dick

ROBERT FISH places the lucky bait on his pole at the annual Senior Games '94 fishing outing.

SENIOR GAMES

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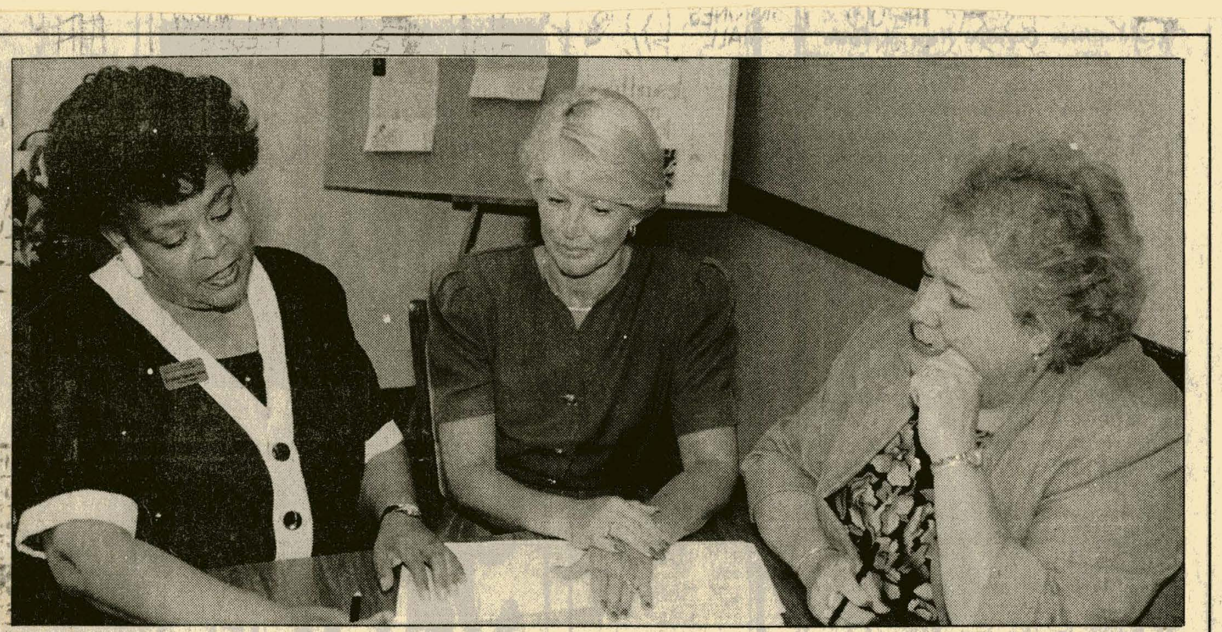
AGE AND WISDOM — Betty Friedan, author of 'The Fountain of Age,' told a crowd of about 400 at the Executive West hotel last week that aging is full of unlimited possibilities.

(Tribune photo by Matt Stone)

Aging gracefully

The fastest growing population in America



New association

Earlier this year, the Clark and Floyd counties Human Service Associations merged to become the Human Service Association of Southern Indiana. New officers are, from left, Frances Hunter Abel, president from South Central Indiana Council for the Aging and Aged; Roxanne Haley, vice president from Salvation Army; and Kaye Fulton, secretary from Rolling Hills Health Care Center. Not present was treasurer Kadie Engstrom from Kentuckiana Girl Scout Council.

(Tribune photo by Don Beck)

Tribune, Wednesday, May 25, 1994

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(Tribune photo by Don Beck)

TRIBUNE 5/25/94

Sheila

BANNER-GAZETTE, Wednesday, March 9, 1994

Nutrition Awareness Day for Seniors

Older Hoosiers soon will be some of Indiana's best-informed people about new federally required food labels.

Thousands of the seniors will get lessons on the labels during the 15th annual Nutrition Awareness Day for Seniors on Wednesday, March 23. The lessons will come with their meals at about 450 meal sites across the state. The information will accompany meals delivered that day to homebound people as well.

The lesson will be particularly handy for the many seniors who have special nutrition needs, says Cheryl Sullivan, Secretary of the Family and Social Services Administration.

The Family and Social Services Administration joins with local Area Agencies on Aging to provide the edibles and the education. There's a May 8 deadline for the new labels, but many foods already carry them.

The new labels are shorter and more useful. In the past, some 30 nutrients might be listed, but it was hard to tell which ones mattered most for health, Family and Social Services dietitian Janet Eigenbrod explains.

She says it helps seniors stay fit if they know how much they are eating in terms of fat, sodium, fiber and sugar content. The new labels clearly list values for those and for saturated fat. Saturated fat often is the culprit in raising blood cholesterol and the risk of heart disease.

Past labels made it hard to com[illegible]e between products. The new values-per-serving numbers make it easier to figure how much of any nutrient you're getting.

Also new are precise meanings of terms like "fat free," "cholesterol free" and "light". For example, "light" or "lite" means one-third fewer calories or no more than half the fat or sodium of the regular version.

Volunteers who are members of the Indiana Dietetic Association will explain the labels to diners at some meal sites. People with the Dairy Council of Indiana and Purdue University Extension Service will also do so.

The U.S. Food and Drug Administration is chipping in 23.000 flyers for the seniors to take home and to go with home-delivered meals.

It should be a delicious lesson. The menu at all sites and for the homebound will be:

Baked breast of turkey with cranberry glaze, baked potato, lemon broccoli, cloverleaf roll with margarine, angel food cake with fresh strawberries, milk.

Daily about 19,500 people participate in the nutrition program of Family and Social Services Administration. About 45 percent of these individuals are homebound.

Anyone 60 years old or older and his or her spouse are eligible for the meal program. Participants are encouraged to make a donation. Individuals may call their local Area Agency on Aging for information on meal site locations.

For more information, call Rich Schneider at 317-233-4453.

AGE AND WISDOM — Betty Friedan, author of 'The Fountain of Age,' told a crowd of about 400 at the Executive West hotel last week that aging is full of unlimited possibilities.

(Tribune photo by Matt Stone)

Aging gracefully

The fastest growing population in America should bask in the glory of golden years

By KEN HARDIN
Tribune Staff Writer

In her travels across the country, author Betty Friedan often meets older people who say that although they're 70, they feel like they're 17.

"I always say, 'No you're not (17), and if you are I feel sorry for you,'" said Friedan, who spoke in Louisville last week. She asks such people, "Haven't you learned anything?"

At the age of 72, Friedan, writer of the '60s landmark book, "The Feminine Mystique," has turned her attention to issues facing older Americans, the fastest-growing segment of the population.

And as she told women 30 years ago, Friedan is now urging those 55 and older to embrace their experiences and perspectives — not apologize for them.

"Many of us in this society want to wear what I call a 'youth mask,'" she said. "But by doing this, you keep yourself from creating yourself as you develop and grow."

Friedan forged her philosophy while doing interviews for her latest book, "The Fountain of Age." The breakthrough, she said, came when she talked to an older woman wearing a short tennis skirt and a head full of flaming red hair — with pure white roots.

"She said, 'I think it's wonderful you're doing something for those poor old people,'" Friedan said. "Then it came to me — I wasn't doing it for them, I was doing it for us."

Friedan called on older Americans to look at the passing of youth not as a finality, but as the beginning of a new period of a life full of possibilities.

"You become more and more whole as yourself as you grow older," she said. "You become a truth-teller. You become more comfortable with what you are, and those nagging little faults that drive you crazy when you're younger. ... You forget about your fat thighs, little breasts, big nose, little penis or whatever."

Older Americans need to stay active, both in the paying work force and as volunteers, she said. She noted that many companies have called retired executives back into the office to resolve crises created "by the yuppies with their '80s greed ethic."

Older people can better appreciate the entire scope of an issue, she said, instead of just a narrow focus. They have better problem-solving skills, and are more skilled at resolving conflicts.

As Americans get older, Friedan says the country will be challenged to look at the aging process in new ways.

She hopes the end result will be a new view of older Americans not as a "sick, senile, smelly, unproductive plague on our society," but as a treasured resource of expertise and energy.

Older Americans may hold the answers to societal problems, such as the growing crisis of urban violence.

Friedan's message touched a chord with the audience of about 400 gathered at Louisville's Executive West hotel.

Among those in the audience was Al Mortenson, the case management supervisor for the South Central Council on the Aging and Aged, which serves Southern Indiana.

"I found it very stimulating," said Mortenson. "I thought it was encouraging that she was looking at the possibilities of aging, and not just as a debilitating process."

The consequences of not accepting "the third quarter of life" can be severe, Friedan said during her speech.

"People who deny get full of rage at the young, and at the older people around them because they remind you that you're not young," she said. "That rage turns against themselves, and then you get that depression so many people suffer from.

"We must look at this as a new period of life, a period of life that is uncluttered," she said. "There are no limits — we have to create them."

Tribune 5/94

New association

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The Tribune, Monday March 21, 1994

TYLE Page 7

Goodbye and thanks

Michael Hetzel, center, was recently honored with a plaque by the South Central Council on Aging and Aged for his service to the organization. He is retiring from the council as well as the Social Security Administration. Council executive members pictured with Hetzel are Walter Carter, Pat Jewell, Joyce Brown, and Donna Greenhill.

(Tribune photo by Melissa J. Goforth)

LIFESTYLE The Sunday Ledger-Tribune, February 6, 1994

Experienced fingers weave gifts for fellow seniors

Teamwork

By MELISSA J. GOFORTH
Tribune Staff Writer

Jessie Bennett's eyes light up when she talks of helping others.

One of her greatest joys, she said, is helping out "old people in nursing homes." Then she glanced around at her friends at the Ken Ellis Senior Center in Jeffersonville.

"Listen to me calling them 'old people.' I'm just as old as most of them are," giggled Bennett, who turned 70 last month.

Two local nursing homes will benefit from the kindness of Bennett and a dozen or so of the Ken Ellis Center seniors. .

Using scrap material donated to the seniors by Fine Shirt Factory in New Albany, the group made lap robes to cover legs while sitting,. They also made wheelchair storage bags with ties, for residents of Willowbrook and Jeffersonville nursing homes.

"The rest of the year, we make crafts and things for ourselves. But in January, we always try to make something for other people," said Sue Johnson, activities director for the Ken Ellis Senior Center, which is sponsored by the South Central Indiana Council for the Aged and Aging.

Seniors at the Ken Ellis Center have made lap robes for area nursing homes for over a decade, Johnson said. The wheelchair bags, however, are a new item; the idea was suggested by a nursing home resident last year. The bags will make it easier for wheelchair bound persons to carry items.

"We thought it was a great idea because they (the bags) would be tied to the chairs and wouldn't slide on the floor," Johnson said.

Johnson said the group worked diligently on the cloth items. "They worked pretty well all month on this," Johnson said.

The activities director also praised the group of volunteers for their teamwork. "Some sewed lap robes, others sewed wheelchair bags. Maybe someone who can't sew cut strips for the ties," Johnson said. "It was a group effort."

With the leftover material, the participants made vests for themselves.

Blanche Wells has been sewing for 60 of her 70 years, she said, so she appreciates the opportunity to help others.

"I love to sew, I love arts and crafts, I love to use my imagination," she said.

"And she loves helping people," Johnson added before Wells could get it out of her mouth. "They all have loved helping out."

AN EXPRESSION OF LOVE — Alma Overton works diligently on a lap robe to be donated to two local nursing homes. Overton is one of 14 or so from the Ken Ellis Senior Center to make the lap robes as well as wheel chair bags last month.

(Photo by Melissa J. Goforth)

Mature Worker Employment Workshop Offered

In conjunction with National ''Hire The Older Worker'' week, March 13-19, the Senior Community Service Employment Program administered by the South Central Indiana Council for the Aging & Aged Inc., the Indiana Green Thumb Program and the Indiana Workforce Development Center will provide a ''Mature Worker Employment Workshop'' for individuals 55 years of age and older at the New Albany-Floyd County Public Library, 180 West Spring Street in New Albany, from 9 a.m. till noon, in the Auditorium located in the lower level of the library.

There will be representatives from local businesses to discuss employer expectations when hiring mature workers. A representative from the Indiana Workforce Center will provide basic information on ''How To'' obtain employment. Participants will hear a mature workers success story and how she re-entered the workforce.

There will be a video presentation and opportunities to tour the Workforce Resource Center. Representatives from the Green Thumb Program, Senior Community Service Employment Program and Workforce Development will be on had to answer any questions about their programs.

If you plan to attend, contact Sheila Modica at the South Central Indiana Council for the Aging & Aged Inc., at 944-8739. Space is limited.

BANNER-GAZETTE, Wednesday, March 9, 1994

Fun and games across the river

Southern Indiana's Senior Games, a week of athletic competition for older people in Clark, Floyd, Harrison and Scott counties, will start June 2.

More than 700 entrants 55 and older competed last year in bowling, fishing, horseshoes, dancing, distance walks and more.

This year's schedule:

June 2 — A health fair at Trinity United Methodist Church, 2796 Charlestown Road, New Albany, 10 a.m. to 2 p.m. There will be free blood-pressure, cataract, glaucoma, hearing and breathing-capability tests; measurements of body fat; and information booths on foot disorders, surgery, Medicare, volunteering and devices to adapt to handicaps. A cholesterol test also will be offered for a small charge.

June 3 — Opening ceremonies starting with a fun walk from Warder Park, Spring Street and Court Avenue, Jeffersonville, to St. Augustine's Catholic Church, 316 E. Maple St., 10 a.m. Dance competition at the church, 1 to 4 p.m.

June 6 — One- and two-mile walks, 9 to 10:30 a.m., and cards and checkers competition, 1 to 4 p.m., at Indiana University Southeast, 4210 Grant Line Road, New Albany.

June 7 — Basketball toss, 10 to 11 a.m. at Boys & Girls Club, 1721 Ekin Ave., New Albany. Bowling, 1:15 to 4 p.m. at Blackiston Bowl, 1516 Blackiston Mill Road, Clarksville.

June 8 — Competition in fishing, 8 to 10:30 a.m. at Sam Peden Community Park, on Grant Line Road in New Albany; golf, 9 a.m. at Twilight Golf Course, 5316 Ind. 62, Jeffersonville; horseshoes, 2 to 4:30 p.m. at Sam Peden Community Park.

6/26/94

LEDGER TRIBUNE
Established 1888
PUBLISHER/Fred Ward
MANAGING EDITOR/Marilyn Young
OPINION PAGE EDITOR/Eddie LaDuke

Our viewpoint

Early summer exhausts supply of heat relief

June, a normally friendly month in the Ohio Valley, has been anything but that this year. As we head into July, residents may feel that they've had a preview of the stifling humidity of August.

To deal with such conditions, a coalition of New Albany service organizations has for a dozen years done what is literally a life-saving job for sick and elderly residents. The Allied Seasonal Assistance Program (ASAP) distributed air

THE SCOTT COUNTY JOURNAL and THE CHRONICLE, Saturday, Jan. 15, 1994

United Way's Campaign Pledges More Than Double '92-'93 Total

Pledges to the United Way of Scott County Inc.'s 1993-94 fund campaign have reached a total of $161,369, according to campaign chairman Jim Railing. He announced the figure at the organization's 1994 Annual Meeting and Campaign Celebration on Thursday, Jan. 6, at the Best Western Scottsburg Inn.

"We've got good reason to celebrate!" Railing said. "We thought we had done very well last year, raising $80,000 in our first campaign. To raise $160,000 in our second year is a remarkable testimony to the caring nature of the people in Scott County."

He noted that United Way of Scott County has come from nonexistence two years ago to third place among the 27 United Ways in Indiana which raise $200,000 or less.

However, he emphasized, "Raising this record amount, while certainly something to celebrate, is just a small part of what United Way in Scott County is all about. The important thing is getting this money back to work in the community, providing needed services that will make Scott County better for everyone who lives here."

Prior to Railing's report, new directors were chosen for the coming year. Vickie Gasser and Kenny Stutsman were elected to a second term on the board. First-year members are James Buchanan, Cindy Gladstein, Marjorie Griffith, Becky Mayfield and Joe Wolf.

Railing gave special recognition to division chairmen and their committees.

Jerry Bloom headed the Major Firms Division, which was up 122 percent in pledges from last year. Donna Faris chaired the Industrial Division with a 75 percent increase. Ann Haw's Public Division was up 68 percent, while the Finance Division, headed by Mary Hunley, increased its pledges by 57 percent.

The largest increase was in the Professional Division, chaired by Terry Wolka. Pledges there went up by 300 percent. Kenny Stutsman's Retail Division was new this year, and could not be compared.

Awards were presented to a number of companies which had showed major increases in their campaigns.

Winning Employee Achievement Awards for significant advancement in their employee campaigns were Freudenberg NOK, Holm Industries, Kokoku Steel Cord Corporation, Pepsi-Cola General Bottlers, and Scottsburg Plastics.

Receiving Employee Awards of Excellence, for campaigns in which at least 80 percent of the employees pledged an hour's pay or more per month, were King Machine and Tool and Multi-Color Corporation. This is the highest employee award given by United Way of Scott County.

Corporate Achievement Awards are given to those companies whose gifts equal the national average corporate gift to United Way. They were presented to King Machine, K-Cord, and Multi-Color Corp.

Railing also presented certificates of appreciation to all the volunteers who had worked on the drive. They were Jean Robbins, Mary Jo Duvall, Catherine Terrell, Sandra Chasteen, Patricia Jewell, Earlene Bennett, Blake Burns, Mary Woodruff, Marvin Sandlin, JoAnn Dome, Julia Lyons, Nora Newman, Bonnie Stephens, Valerie McCarthy;

Lee Butcher, Patty Wollman, Evelyn Taylor, Bob Woodruff, Gene Counard, Larry McCaskill, Jennie Davidson, Margie Caudill, Larry Keith, Peggy Kimmick, John Jurkiewicz, Pam Colwell, Archie Campbell, Missy Binkley, Ernest Roberts, Mark Sullivan, Roger Riddell, Teresa Jewell, Katy Hutchinson, Dennis Nicholas;

Bill Riggs, Judy White, Becky Mayfield, Melodie Richardson, Kim Clover, Wanda Whitaker, Clara Adkins, Vickie Gasser, Laverne Hubbard, Kenny Stutsman, Roger Stutsman, Tom Julian, Denny Wilson, Sue Cravens, Wilma Hollis, Steve Jewell, Pat McClain, Marvin Sandlin, Terry Wolka, Kevin Collins, Steve Phillips and Tom Springstun.

Each of the approximately 40 persons in attendance was given a T-shirt imprinted with this year's United Way logo and the theme "Making a Difference in Scott County."

At the close of the meeting, president Ann Haw presented Railing with a certificate recognizing his efforts as campaign chairman.

THE SCOTT COUNTY JOURNAL and THE CHRONICLE, Saturday, Jan. 22, 1994 Page 3

Scott County United Way Awards $98,841 in Grants for 1994

The Scott County United Way has begun allocating the money it received in the recent fund-raising campaign.

"After wrapping up a very successful campaign, making a round of grants seemed the most appropriate thing to do," said United Way co-vice president of deployment Kevin Collins, as he announced the recipients of funds for the first cycle of 1994.

"We are really happy to be able to turn this money around so quickly and put it back to work in the community" said the other vice president, Terry Wolka. "That's really the best part of having a strong campaign."

In the first cycle, $98,841 is being disbursed to 15 programs sponsored by 13 agencies.

"We feel this gets us off to a good start," said Collins. "We'll be doing more funding later in the year."

Agencies and programs receiving funds are:

The Center for Women and Families for an outreach worker in Scott County, $11,850;

Hospice of Southern Indiana for hospice care to Scott County residents, $4,000;

Futures Unlimited for working with the developmentally disabled, $2,500;

Teen Parent Program for support and education to families of young children, $15,286;

OutStretched Hand Help Center for the food pantry and homeless assistance, a total of $6,500;

Scott County 4-H for the Water Kids Program and awards for 4-H'ers and leaders, $500;

Scott County YMCA for a program executive director, up to $25,000;

Scott County Leadership Program, $750;

Scott County Literacy Council, for a special project in homes of Chapter 1 students, $1,450;

The South Central Indiana Council for Aging, $5,911 for a transportation program for senior citizens and $5,000 for an outreach program worker to help Scott County seniors.

The Salvation Army received $1.000 for emergency assistance in Scott County;

Visiting Nurses Association of South Eastern Indiana, $8,000 for home health care for Scott County residents;

And the Women, Infants, and Children's Program (WIC) for expansion of Social work efforts, $7,094.

"The grants we've awarded so far this year are already twice what we were able to do last year," said Wolka. "If campaign receipts come in like the pledges did, we'll be able to get even more back out into the community very soon."

Ken Ellis Senior Center planning several events

The Ken Ellis Senior Center has enough plans to keep all the seniors in Southern Indiana active and happy.

Bring your Valentines and enjoy a Valentine party at the center from 11 a.m.-2 p.m. Monday, Feb. 14. There will be a brunch and games and entertainment will be provided by Bill Dobson. If you are in need of transportation call 948-9701.

The February shoppers trip is Feb. 11 to Bashford Manor Mall. The buses will leave Riverview Towers in New Albany and Claysburg Towers in Jeffersonville at 10 a.m. and returns at 2:30 p.m. All seniors should take advantage of this trip by TARC.

Tours for the year have been scheduled and by popular demand we will be traveling to Branson, Mo., once again. The trip this year will be June 20-24. It promises to be a great visit, with including a wonderful tour and the viewing of new shows by dazzling stars. Seniors will also see Presley's Jubilee Family Show and many live shows at Mutton Hollow. At Mutton Hollow they'll enjoy beautiful flower gardens and many crafts from the Ozarks. Included in the tour is Old Branson and the Bass Pro Shop at Springfield where there is a 50 ft. waterfall museum, an aquarium, restaurant and clothing to meet any sportsman's needs. The price of the trip is $275 with two in a room, $225 with four in a room.

On Aug. 1-5 seniors will enjoy Mackinac Island. Step back in time and enjoy an era of 100 years ago on this island where no motorized vehicles are allowed, only horse-drawn carriages. The time will be spent eating a buffet lunch at the Grand Hotel, browsing through the many shops and enjoying a narrated carriage tour and ferry ride on a catamaran. There will also be a stop at Frankenmuth, Mich., home of Bronner's, world's largest Christmas store. On a stop at Saulte Sainte Marie there will be a 4 1/2 hour tour on the Tooneyville Trolley, an authentic narrow gauge railroad, and a scenic riverboat tour to the Tahquamenon Falls at Hunters Mills. The price is the same as the Branson show trip.

Plan now to attend the Wendell and Dorothy Cherry Art Exhibit at the J.B. Speed Art Museum. Mr. Cherry was the co-founder of The Humana Corporation and his art collection is considered one of the finest in America. The trip is March 31 and the cost is $6.10.

If you missed the party last year try to attend. From time to time we add more tours so keep in touch. For more information abut our tours call Sue Johnson at 283-7356. Great fellowship happens at the Ken Ellis Center. Join us!

Our outreach for January was helping others and many of the seniors were busy making bags and lap robes for seniors in the local nursing homes. A special thanks to all of them. Seniors also made vests of the material donated to us from Fines Shirt Factory. Its seniors like this that makes this center great.

The Evening News, Jeffersonville, Ind., Thursday, February 10, 1994

TYLE

The Tribune, Thursday, May 26, 1994

1994
INDIANA STATE SENIOR GAMES
TORCH RUN
"Celebrate the Spirit"
Sponsored by
total

Headed for the courthouse

Members of the South Central Council for the Aging and the Aged walked down Spring Street Friday morning to celebrate the first-ever State Senior Games in Evansville. From left, Pat Jewell and Special Projects Coordinator Julie Wilson carry the banner. Torchbearer Co-captains Jean and Bill Martin hold up the torch, and Steve Patrow brings up the back of the line. See story on page 11. (Tribune photo by Kristen Kemp)

ON May 26, 1994
■ Classifieds/16-17
■ Comics/15
■ Dear Abby/12
■ Entertainment/13-14

The old(er) and restless

Annual games let senior citizens break stereotype of being fragile

By SHELLEY CAUDILL
Tribune Correspondent

SENIOR citizens are often stereotyped as fragile or inactive.

But over 200 of them will challenge that notion next week by taking part in events from fishing to doing the jitter bug.

A June 2 health fair kicks off the local eighth annual Senior Games, followed by a variety of events through closing ceremonies on June 9. (See list of events this page.)

Nearly 230 people have already signed up to participate, according to Julie Wilson, special projects coordinator at the South Central Indiana Council for the Aging & Aged. She said the 1- and 2-mile walking events on June 6 are among the most popular, followed by dancing, bowling and card playing.

Bill Martin, 69, and his wife Jean, 68, have been participating in the games for the past five years.

The couple had the honor of being local representatives in

Schedule of events

June 2

9 a.m. to 2 p.m.: Health fair, Trinity United Methodist Church, 2796 Charlestown Road

June 3

10:30 to 11 a.m.: Fun walk-opening ceremonies, meet at Warder Park at Spring Street and Court Avenue in Jeffersonville

11 to noon: Lunch and door prizes at St. Augustine's parish hall, 316 E. Maple, Jeffersonville

12:30 to 1 p.m.: registration for dance contest, St. Augustine's

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June 6

8 to 9 a.m.: Registration for one- and two-mile walks, Indiana University Southeast

9 to 10:30: One- and two-milk walks, in the following categories

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The Tribune, Wednesday June 22, 1994

Program to help sick, elderly stay cool needs donations

By DALE SANDUSKY
Tribune Staff Writer

The still, hot days of the current 90s-plus heat wave, now in its second week, are broken by the near continuous ringing of the telephone at the Family Service Bureau on Grant Line Road.

Director Mary Ann Carnighan said she has answered continued pleas for air conditioners from needy and sick people for more than a week. At least 45 calls were received by her office last Wednesday.

But Carnighan said she is unable to offer any relief because the Allied Seasonal Assistance Program (ASAP) had depleted its stock of workable air conditioners by late May.

ASAP, a joint effort by the Family Service Bureau, the American Red Cross and the South Central Council for Aging and Aged, has loaned air conditioning units to eligible households for a dozen years.

To qualify for an air conditioner, an applicant must produce a detailed doctor's statement to the effect that acute respiratory problems will result without it.

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Carnighan said she knows of an 18-month-old child who has had heart surgery and needs a cool house to return to. Several other children and older people with cystic fibrosis also need assistance.

She also spoke of an 85-year-old woman living in an uncooled, third-floor apartment and hoping to avoid hospitalization.

ASAP used to take second-hand air conditioners and fans, but would now rather have cash donations to be able to buy reliable units.

About $300 buys a 110-watt window unit, she said.

"We got out of the fan business," Carnighan said. "We'll still accept good, used air conditioners if they are operable. But we recently got three units given to us that don't work — and what good does that sort of thing do us?"

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12 Golden Opportunities, Jeffersonville, Ind., Tuesday, June 21, 1994

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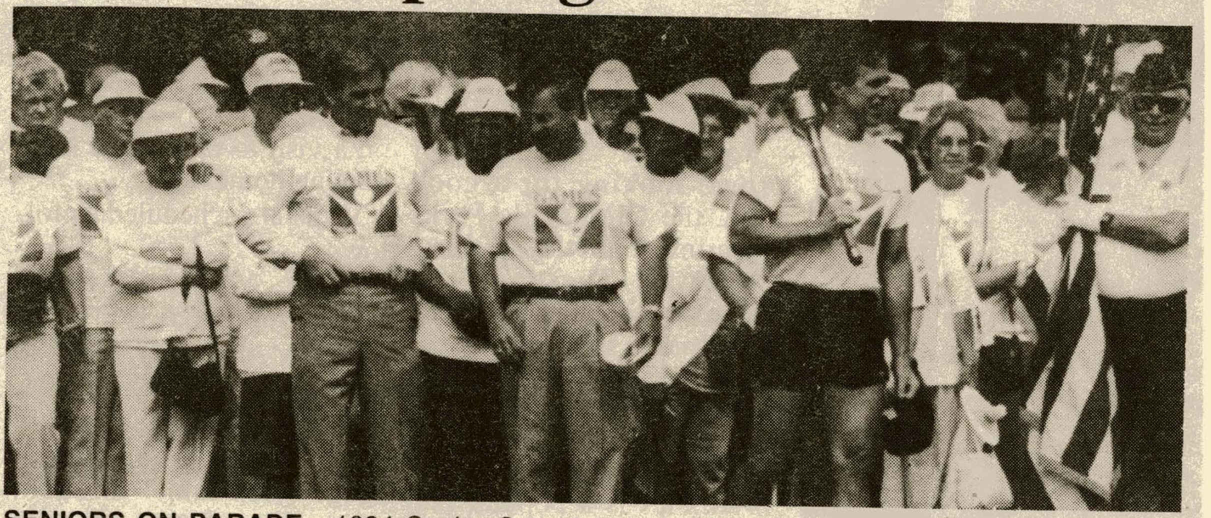
4 Golden Opportunities, Jeffersonville, Indiana, June 21, 1994

Seniors in spotlight at '94 Games



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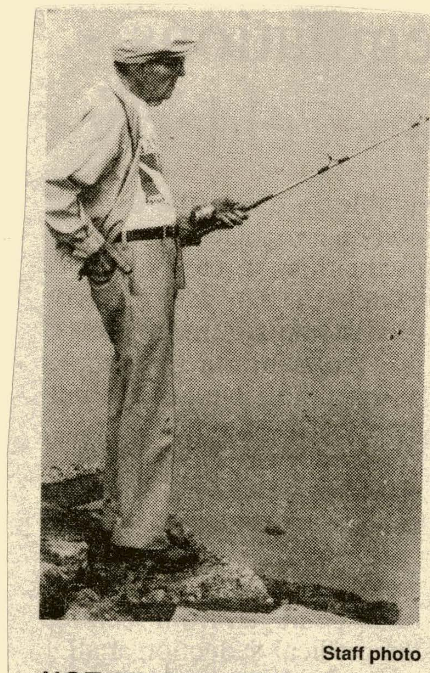
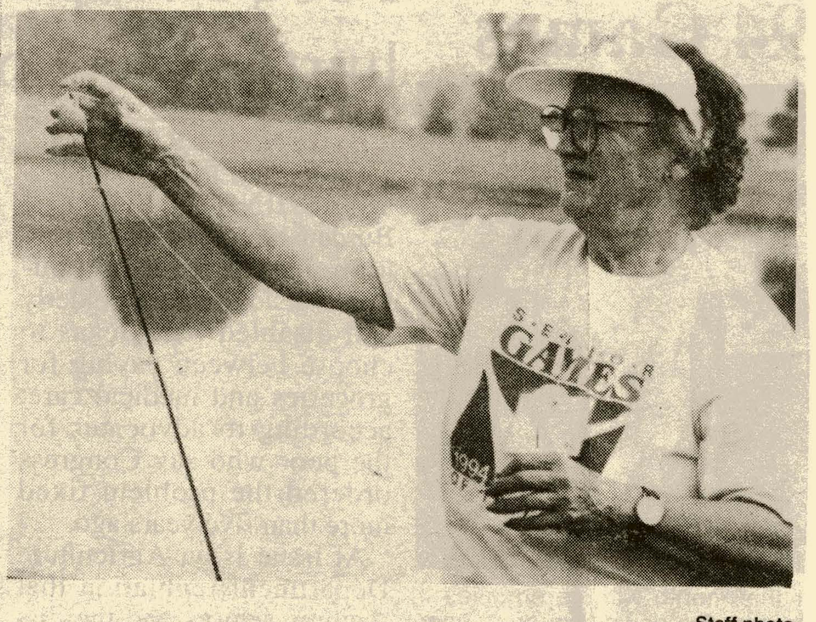


Staff photo

NOT MUCH LUCK - Stanley Aebersold of New Albany patiently waited for a bite during the Senior Games fishing outing.



Staff photo

NORA COMPTON of Palmyra enjoys an afternoon of fishing during the Senior Games competition.

4 Golden Opportunities, Jeffersonville, Indiana, June 21, 1994

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Bill Martin, 69, and his wife Jean, 68, have been participating in the games for the past five years.

The couple had the honor of being local representatives in the statewide torch run last week. Accompanied by police escort, the Martins carried the torch from the council's office on East Main Street to the City-County building on Spring Street, where a small crowd watched as Mayor Doug England signed a proclaimation naming June 2-9 Senior Games Week in New Albany. (See picture on next page.)

According to Jean Martin, the couple participates in almost every event other than card games and golf.

"Other than that, we do just about everything more or less," she said.

The couple is used to being active. In 1992, the pair took a 5,500-mile cross-country journey from Wenatchee, Wash., to Yorktown, Va., via tandem bike. They said they became active in senior games since first hearing of it five years ago.

Thelma Bertrand helped bring the games to the Southern Indiana area. Bertrand said Blue Cross-Blue Shield saw the need for a wellness program in the state, and decided to give $5,000 and T-shirts to each 15 Indiana communities

Schedule of events

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9 to 10:30: One- and two-milk walks, in the following categories for men and women: 55-64, 65-74, 75 and up

10:30 to 11:30: Fun games

11:30 a.m. to 12:30 p.m.: Lunch

12:30 to 12:55 p.m.: Registration for cards and checks tournament, Indiana University Southeast, Hoosier Room

1 to 4: Competitions in euchre, bridge, pinochle and checkers (partners and tables will be assigned)

June 7

9 to 10 a.m.: Registration and practice for basketball toss, Boys and Girls Club, Ekin Avenue Recreation Center

10 to 11: Basketball competition

11 a.m. to noon: Lunch

Noon to 1 p.m.: Registration and practice for bowling, Blackiston Bowl, 1516 Blackiston Mill Road, Clarksville, in the following categories for men and women: 55-64, 65-74, 75 and up

1:15 to 4: Bowling competition

June 8

7:45 a.m.: Registration for fishing competition, Sam Peden Community Park, Grant Line Road

8 to 10:30: Fishing competi-

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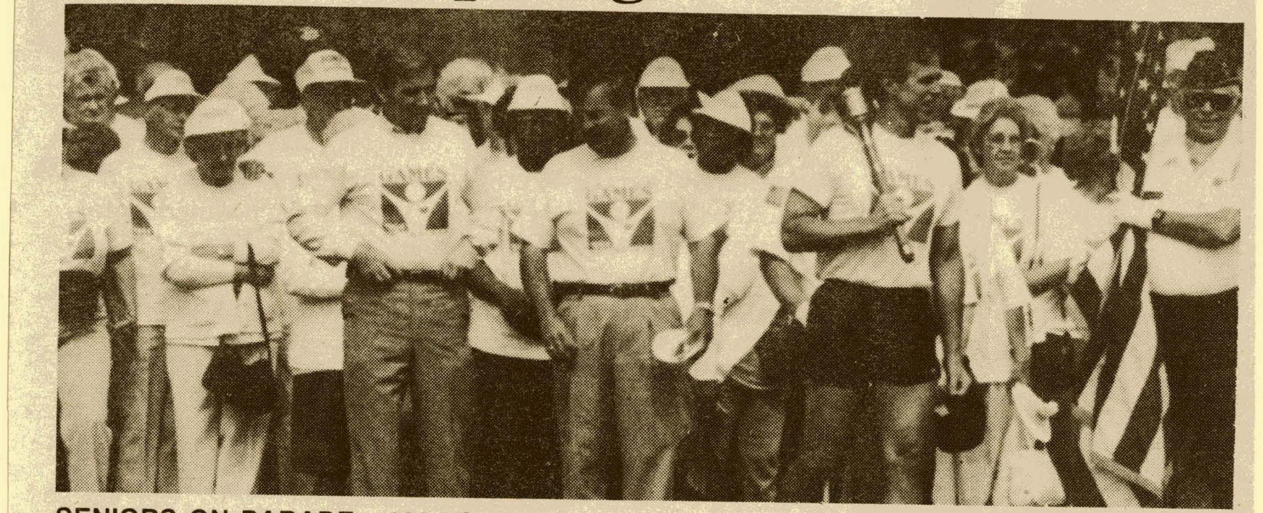

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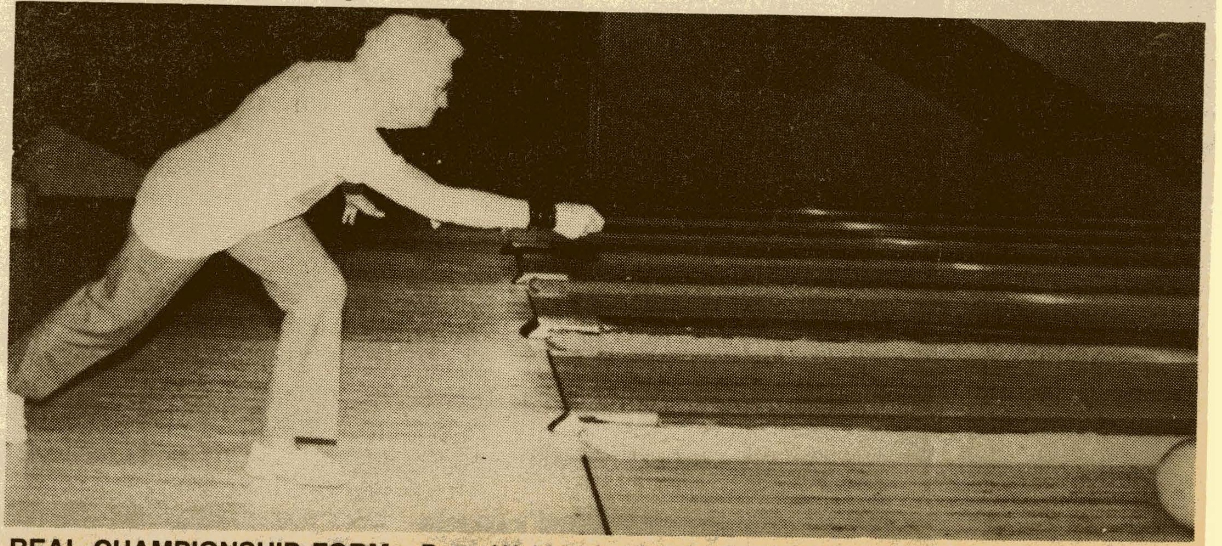

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Golden OPPORTUNITIES

Published as a service for the 50 plus age group by News & Journal, Inc.

Vol. 6 No. 6 June, 1994 A Park Newspaper

SENIORS WETTING A LINE in the 1994 Senior Games fishing competition. (Medal winners and photos on Page 2, 3 and 4).

1994 Senior Games medal winners announced

Following is a complete rundown of the 1994 Senior Games winners, with gold, silver and bronze medalists listed in that order:

One-Mile Walk Female:
Age 55-64: Alvina Seng, Rose Mary Leist, Doris Thieneman.
Age 65-74: Alice Sample, Jean Martin, Delphine Rothbauer.
Age 75+: Marcella Downs, Dora Green, Katherine Mitchell.

Two-Mile Walk Female:
Age 55-64: Doris Thieneman, Rose Mary Leist, Nancy Hall.
Age 65-74: Alice Sample, Jean Martin, Delphine Rothbauer.
Age 75+: Marcella Downs, Katherine Mitchell, Naomi Eddings.

One-Mile Walk Male:
Age 55-64: Ralph Webb, Frank Thieneman, none.
Age 65=74: William Martin, William Wolpert, Roman Becher.
Age 75+: Fred Enteman, Marbry Nelson, Fred Owen.

Two-Mile Walk Male:
Age 55-64: Frank Thieneman, none, none.
Age 64-74: William Martin, Roman Becher, Paul Phelps.
Age 75+: Fred Enteman, Charles Mitchell, Gilbert Warner.

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Bridge (Cards): Helen Harris, Roma Wolfe, Julie Rosenbarger.

Checkers: Ralph Rutherford, Paul Phelps, Frances Lee & Leona Bradley.

Pinochle (Cards): Katherine Mitchell, Charles Mitchell, Alvina Seng.

APTLY-NAMED ANGLER - Robert Fish of Clarksville places his lucky bait on his line at the annual '94 Senior Games fishing outing at Sam Peden Community Park in New Albany. He was a silver medal winner in the heaviest fish-caught division.

Euchre (Cards): Melvin Smith, Cora Smith, Joseph O'Bryan & Jack Beyl.

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Fishing - Most Caught: Elmer Geswein, Vic Shuman, Paul Freiberger.

Fishing - Heaviest Caught: Zelma Rumbley, Robert Fish, Howard Jones.

Fishing - Longest Caught: Vic Shuman, Robert Fish, Zelma Rumbley.

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Dance - Waltz: Paul and Thelma Phelps, Fred and Mary Enteman, Gladys Blankenbaker and Ludie Gunn.

Dance - Free-Style: Jessie Bennett and Martha McCaffrey, William and Kathleen Wolpert, Robert and Mary Anderson.

Dance - Jitterburg: Robert and Mary Anderson, Ludie Gunn and Gladys Blankenbaker, Jessie Bennett and Mattie Simpson.

Dance - Polka: William and Kathleen Wolpert, Fred and Mary Enteman, Hollin Roundtree and Leona Bradly.

Dance - Two-Step: Winston Jutz and Martha McCaffrey, Fred and Mary Enteman, Ralph Rutherford and Mary Kennedy.

Dance - Fox Trot: Charles and Katherine Mitchell, Vic and Millie Shuman, Hollin Roundtree and Leona Bradley.

Dance - Charleston: Paul Phelps, Charles and Katherine Mitchell, Mary Kennedy.

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Basketball Toss Female:
Age 55-64: Betty Swango, Loretta Witt, Mary Garvin.
Age 65-74: Kathleen Wolpert, Delphine Rothbauer, Wilma Euless.
Age 75+: Leona Hepp, Mary Enteman, Dortha Seng.

Basketball Toss Male:
Age 55-64: Ralph Webb, Larry Davis, James Dreher.
Age 65-74: Stanley White, William Martin, James Shireman & Paul Phelps.
Age 75+: Howard Jones, Charles Mitchell, Fred Enteman.

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League Bowlers Female:
Age 55-64: Thelma Phelps, Jean Kochert, Doris Thieneman.
Age 65-74: Betty Drescher, Daisy Reynolds, Lee Walter.
Age 75+: Naomi Eddings, Pauline Steele, Emma Smith.

Non-League Bowlers Females:
Age 55-64: Maxine Carr, Nora Compton, Alvina Seng.
Age 65-74: Catherine Glock, Kathleen Wolpert, Leona Bradley.
Age 75+: Betts Webb, Alma Gresham, Elizabth Owen.

League Bowlers Male:
Age 55-64: Frank Thieneman, Larry Davis, none.
Age 65-74: Al Neumeister, Andy Thieneman, Paul Phelps.
Age 75+: Melvin Smith, Elmer Geswein, Stan Aebersold.

Non-League Bowlers Male:
Age 55-64: James Dreher, James Snider, none.
Age 65-74: Paul Endres Sr., George Walter, Thomas Schmidt.
Age 75+: Paul Freiberger, Fred Enteman, Marbry Nelson.

••••••

Golf Female:
Age 55-64: No medal winners.
Age 65-74: Evelyn Kirk, Daisy Reynolds, Jan Hill.
Age 75+: Mary Enteman, Esther Rhoads, Gladys Blankenbaker.

Golf Male:
Age 55-64: Lary Davis, none, none.
Age 65-74: Tony Rutter, Al Neumeister, Albert Reynolds.
Age 75+: Frank Amburgey, Fred Enteman, Francis Lamanna.

••••••

Horseshoes Female:
Age 55-64: Elnora Gross, Christine Alexander, Geraldine Sullivan.
Age 65-74: Kathleen Wolpert, Nora Compton, Jessie Bennett.
Age 75+: Gladys Blankenbaker, Carol Ulsh, Mary Enteman.

Horseshoes Male:
Age 55-64: Ralph Webb, Jim Dreher, Larry Davis.
Age 65-74: Al Neumeister, Andrew Thieneman, Elmer Meredith.
Age 75+: Ralph Rutherford, William King, Marbry Nelson.

Silver Linings

A • Monthly • Publication for • Those • 55 • Plus

SENIOR
GAMES

Page 3C The Tribune's Silver Lining, Monday, June 27, 1994

SENIOR GAMES 1994 Results

Following is a complete rundown of the 1994 Senior Games winners, with gold, silver and bronze medalists listed in that order:

One-Mile Walk Female:

Age 55-64: Alvina Seng, Rose Mary Leist, Doris Thieneman.

Age 65-74: Alice Sample, Jean Martin, Delphine Rothbauer.

Age 75+: Marcella Downs, Dora Green, Katherine Mitchell.

Two-Mile Walk Female:

Age 55-64: Doris Thieneman, Rose Mary Leist, Nancy Hall.

Age 65-74: Alice Sample, Jean Martin, Delphine Rothbauer.

Age 75+: Marcella Downs, Katherine Mitchell, Naomi Eddings.

One-Mile Walk Male:

Age 55-64: Ralph Webb, Frank Thieneman, none.

Age 65-74: William Martin, William Wolpert, Roman Becher.

Age 75+: Fred Enteman, Marbry Nelson, Fred Owen.

Two-Mile Walk Male:

Age 55-64: Frank Thieneman, none, none.

Age 64-74: William Martin, Roman Becher, Paul Phelps.

Age 75+: Fred Enteman, Charles Mitchell, Gilbert Warner.

Bridge (Cards): Helen Harris, Roma Wolfe, Julie Rosenbarger.

Checkers: Ralph Rutherford, Paul Phelps, Francess Lee and Leona Bradley.

Pinochle (Cards): Katherine Mitchell, Charles Mitchell, Alvina Seng.

Euchre (Cards): Melvin Smith, Cora Smith, Joseph O'Bruan and Jack Beyl.

Fishing — Most Caught: Elmer Geswein, Vic Shuman, Paul Freiberger.

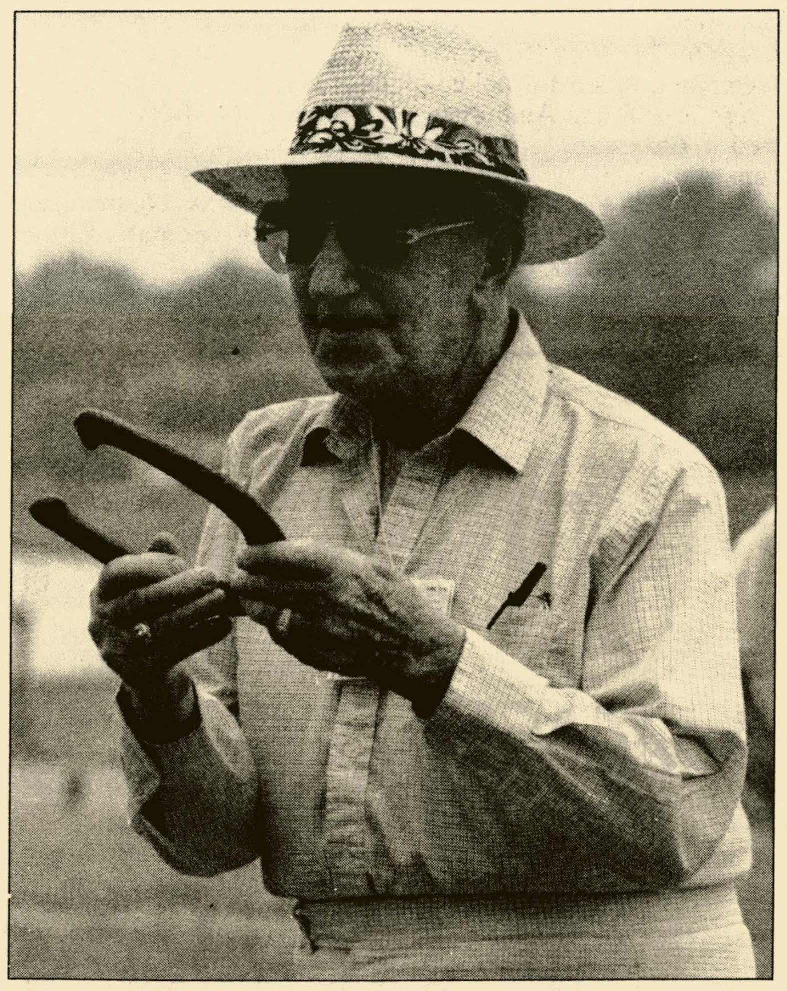
Fishing — Heaviest Caught: Zelma Rumbley, Robert Fish, Howard Jones.

Fishing — Longest Caught: Vic Shuman, Robert Fish, Zelma Rumbley.

Dance — Waltz: Paul and Thelma Phelps, Fred and Mary Enteman, Gladys Blankenbaker and Ludie Gunn.

Dance — Free-Style: Jessie Robert and Mary Anderson.

Dance — Jitterburg: Robert and Mary Anderson, Ludie Gunn and Gladys Blankenbaker, Jessie Bennett and Mattie Simpson.



PARTICIPATION — While many competed earnestly, the primary goal of the Senior Games is participation. Ray Wright, 86, participated in the Horseshoe contest.

Dance — Polka: William and Kathleen Wolpert, Fred and Mary Enteman, Hollin Roundtree and Leona Bradly.

Dance — Two-Step: Winston Jutz and Martha McCaffrey, Fred and Mary Enteman, Ralph Rutherford and Mary Kennedy.

Dance — Fox Trot: Charles and Katherine Mitchell, Vic and Millie Shuman, Hollin Roundtree and Leona Bradley.

Dance — Charleston: Paul Phelps, Charles and Katherine Mitchell, Mary Kennedy.

Basketball Toss Female:

Age 55-64: Betty Swango, Loretta Witt, Mary Garvin.

Age 65-74: Kathleen Wolpert, Delphine Rothbauer, Wilma Euless.

Age 75+: Leona Hepp, Mary Enteman, Dortha Seng.

Basketball Toss Male:

Age 55-64: Ralph Webb, Larry Davis, James Dreher.

Age 65-74: Stanley White, William Martin, James Shireman and Paul Phelps.

Age 75+: Howard Jones, Charles Mitchell, Fred Enteman.

League Bowlers Female:

Age 55-64: Thelma Phelps, Jean Kochert, Doris Thieneman.

Age 65-74: Betty Drescher, Daisy Reynolds, Lee Walter.

Age 75+: Naomi Eddings, Pauline Steele, Emma Smith.

Non-League Bowlers Females:

Age 55-64: Maxine Carr, Nora Compton, Alvina Seng.

Age 65-74: Catherine Glock,

See Games, page 4

On the cover

Ethel Eve was one of several individuals over 75 years of age who competed in the annual Senior Games competition. Eve, age 78, is shown participating in horseshoes.

Staff photo by Ken Nichols

SOUTH CENTRAL INDIANA COUNCIL FOR THE AGING AND AGED, INC. honored two outstanding ladies during a luncheon meeting held at Indiana University Southeast. Pictured from left are Pat Jewell, executive director, Liberty C. Bauer, "Older Woman of the Year," Thelma Bertrand, "Older Hoosier of the Year" and Louise Suleiman.

Evening News, Jeffersonville, Ind., Tuesday, August 23, 1994

Golden Opportunities, Jeffersonville, Ind., Tuesday, July 19, 1994 3

Seniors urged to attend Aging Well 94 workshop

A healthier life for older adults and caregivers is the aim of the Aging Well 94 workshop Tuesday, Aug. 16, from 8 a.m. to 4 p.m. on the campus of Indiana University Southeast.

Sponsoring the event are the South Central Indiana Council for the Aging & Aged Inc., IUS, Indiana State Department of Health and Parke-Davis Pharmaceuticals.

Registration is scheduled from 8:45 to 9:15 a.m. when the welcome and introductions will take place.

At 9:30 a.m. the keynote address will be delivered by Dr. Margaret Frazer of Hoosier Neurology in Indianapolis on Alzheimer's Disease: A Look Ahead.

The workshop will consist of two concurrent sessions. The first, starting at 10:45 a.m., will consist of: Alzheimer's and Behavior Management by Sharon Haynes of Hillhaven Corporation.; or Nutritional Labeling by Leanna Richardson, extension educator of Purdue Cooperative Extension Service; or

Safety and Injury Prevention by Cathy Nordholm of the Indiana Department of Health.

The second session, starting at 1:30 p.m., will feature:

Alzheimer's - The Amazing Caregiver by Dr. Karen Robinson of the University of Louisville.

Arthritis- Managing Pain and Treatment Alternatives by registered nurse Gale Minnic of the Arthritis Foundation, Kentucky Chapter.

Government Programs by Ed McClain, Golden Rule Insurance.

Lunch will be served at 12:15 p.m. and entertainment will be provided by the IUS Music Department, Division of Humanities.

Following a break after the second set of sessions, Mark Laker of the Indiana Health Department will speak on Humor: It Works Wonders.

At 3:45 p.m., there will be an evaluation of the workskop and a door prize will be given away.

Aging Well 94 will be limited to the first 400 registrants.

Julie A. Wilson, health services coordinator for the Council on Aging, said, "We are most excited about this event as it will have a special track on Alzheimer's Disease.

"We feel this will be a top-quality workshop for older adults and professors. We are expecting between 350 and 400 people to attend."

****

Brochures with registration forms enclosed are available at the Council on Aging, 426 Bank Street, Suite 100, New Albany. For additional information, interested persons may call Julie A. Wilson at 948-8330.

Cost of the workshop is $10 per person and covers workshop materials, speakers and lunch.

Staff photo

STEPPING DOWN - Dr. Bill Conley leaves the Clarksville Comunity School Corporation administration building for the last time as superintendent as he begins his new life of retirement. Conley headed the school system for 15 years.

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'She's a jewel'

Jeffersonville woman earns 'Older Woman of Year' crown

By MELISSA J. GOFORTH
Tribune Staff Writer

AS Hattie Johnson's wrinkled fingers finally got the hang of pushing a needle through small pieces of plastic on a craft, she smiled triumphantly at her instructor, Liberty Bauer.

Looking up from Johnson's brightly colored work, Bauer smiled and said, "I used to teach children crafts, now I teach people my age."

The 76-year-old Bauer, of Jeffersonville, has been a familiar face at the Ken Ellis Center in Jeffersonville for about nine years.

At first she began attending the events there just for her own entertainment, but now she teaches crafts to other senior citizens.

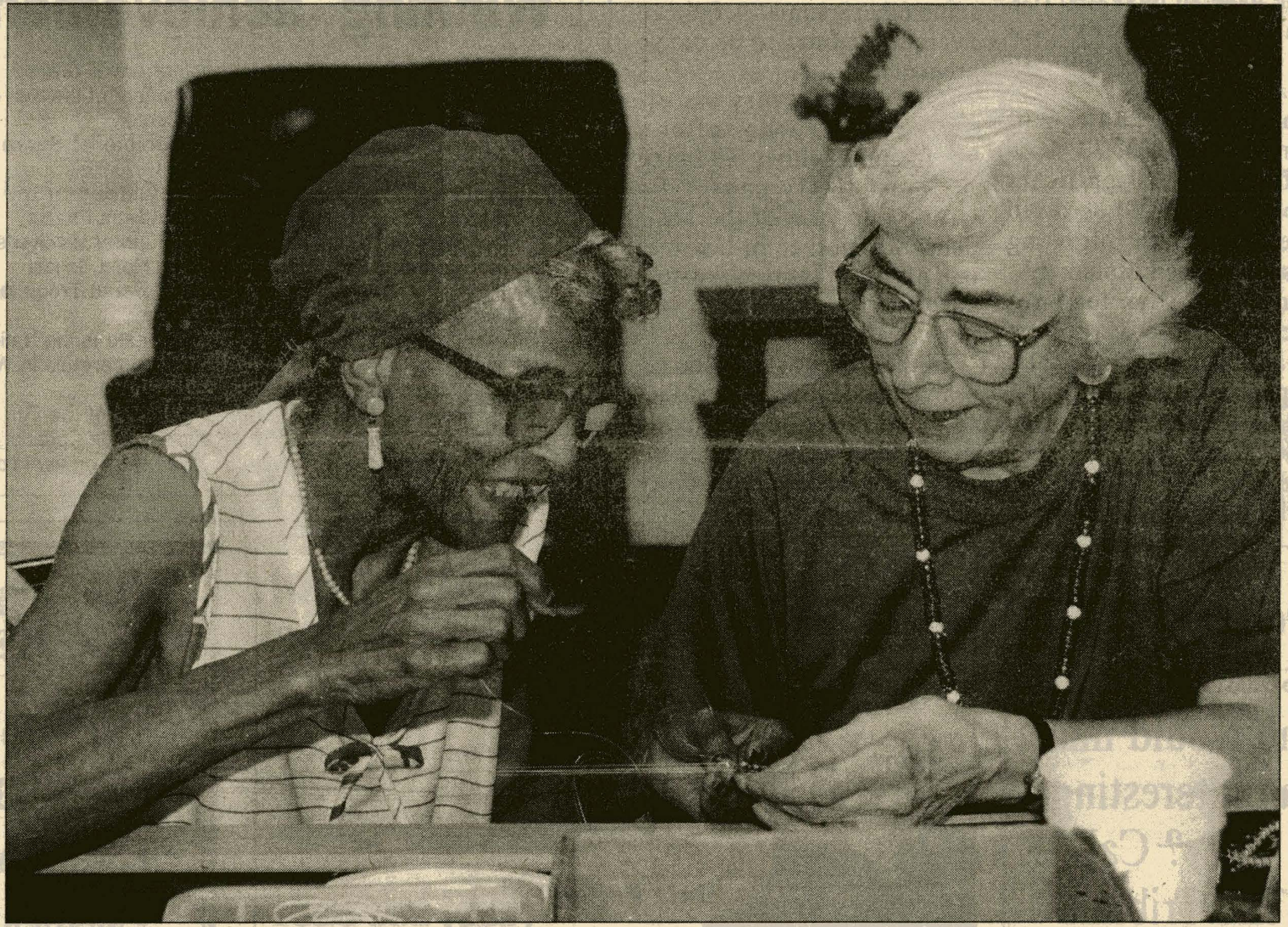
"I wanted to be with people, I like people," Bauer said. "You have to keep active."

A talented artist and craft maker, Bauer has used her talents in her work as well as in volunteer work.

She taught creative craft classes at the Louisville National Youth Administration, where she was a supervisor. At the quartermaster depot in Jeffersonville, she was a mechanical draftsman and illustrator.

She also has taught art at the YWCA and used her artistic skills with crafts as a Girl Scout leader, a job she did for 10 years.

Most recently, she was named the area's 1994 "Older Woman of the Year" by the South Central Indiana Council for the Aging & Aged.



THE ART OF FRIENDSHIP — Liberty Bauer, 76, right, the area's 1994 'Older Woman of the Year' by the South Central Indiana Council for the Aging & Aged. Here she helps Hattie Johnson make crafts at the Ken Ellis Center, where Bauer volunteers her artistic talents.
(Tribune photo by Melissa J. Goforth)

"I was surprised they chose me," Bauer said.

Sue Johnson, Ken Ellis Center's activities coordinator, informed Bauer she had received the honor. "I said that's fine, just as long as I don't have to make a speech," Bauer said, laughing.

Along with 15 other women, Bauer was honored on Aug. 11 at the Indiana State Fair. She didn't get to meet Gov. Evan Bayh like they were told, but Bauer had fun anyway at the event's luncheon and presentation of a plaque, a certificate and flowers.

"We were treated like royalty," Bauer said. "When we were on the stage, I'd never seen so many flash bulbs go off from cameras. Everyone had a lot of family there."

As far as teachers go, Hattie Johnson said Bauer is top-notch. "She's helped me make all kinds of jewelry," Johnson said, recalling that she wore some of her baubles when she modeled in a senior citizens fashion show.

Hattie Johnson also enjoys Bauer's personality. "She's nice, I like her," she said. "She encourages me a lot."

Sue Johnson said Bauer deserved the recognition of being named, "Older Woman of the Year."

"She really deserved it because she is just so giving, she does so much for others," she said.

No matter what craft idea Sue Johnson comes up with, Bauer is always willing to give it a try.

"She's a jewel, you can always rely on Liberty," she said.

(See page 2 for a list of Bauer's accomplishments.)

103 years young

Sarah Ross receives a flower from her daughter, Anna Griffin, marking Ross' 103rd birthday during a celebration at Medo Care Center in Clarksville. Ross has another daughter, Charlila Hines, who also attended the party. (Tribune photo by Don Beck)

Falls common after hospital release

From page 2

during the hospitalized period. Patients needing walkers or other assistive devices at discharge are also at increased risk of falling.

In addition, nearly one out of five patients requiring nursing or other professional help after hospitalization suffered a fall.

Overall, people who functioned independently after release from the hospital were at far less risk of falling. Fewer than one in 10 falls occurred among those not affected by all of the factors I've just mentioned.

No matter how many risk factors you or a loved one has, there are things you can do to help prevent falls, which are the most common cause of fatal injury in the elderly.

Here are a few suggestions provided by Dr. Mahoney:

■ Try to evaluate how your or your family member's ability to function has changed. Are you or they weaker than before entering the hospital?

■ Do what you can to help promote recovery. Eat well and take medications as prescribed. You may need physical therapy or an assistive device such as a cane or walker.

■ Consider the level of confusion older family members suffer. If they are not operating at their usual intellectual level, they will need more supervision. Also evaluate the possibility that their medications could be causing or contributing to their confusion.

Look at the possibility of getting outside help if you, another family member or another responsible person cannot be with them most of the time.

■ Take common sense actions. "Things that weren't an obstacle before entry into the hospital may now become one," says Mahoney.

■ Be sure to remove loose rugs, install a night light in their bedroom and bathroom, and install bathtub guard rails if needed.

Realizing that the chances you or your older family members or friends will fall are greater in the month after coming home from the hospital can help you stay on the alert during this higher-risk period.

And staying alert can translate into staying safely on your feet.

Wednesday, August 17, 1994, THE CORYDON DEMOCRAT, Corydon, Ind. – Page 5

Thelma Bertrand honored as Older Hoosier of the Year

Thelma Bertrand of New Albany was recently honored as the 1994 Older Hoosier of the Year by the South Central Indiana Council for the Aging and Aged Inc.

Bertrand has been involved in numerous organizations. She was the first executive director of the Area 14 Agency on Aging, which includes Harrison County.

Bertrand led the growing agency until 1984 when she went into semi-retirement. She remained at the agency as a part-time health services director and was responsible for health-related programs for senior citizens. She is still president of the Senior Games Advisory Board.

She instituted the Senior Citizens Angel Tree Project, co-sponsored by the Salvation Army.

In 1992, Bertrand retired from the agency to devote more time to volunteer efforts.

She serves on several boards, including the Salvation Army (lifetime member), Providence Retirement Home, and the state Adult Guardianship Advisory Board (she was appointed by Gov. Evan Bayh).

She is a founding member of the Harvest Homecoming Festival, the second largest festival in Indiana), she is active with the Retired Senior Volunteer Program, and most recently she joined the Area 14 Agency on Aging's Advisory Council. Other projects she is involved with that are geared toward children include Costume Carnival (a safe alternative for Halloween); Red Ribbon Campaign (say "No" to drugs); and Pilot Club Safety Town.

Honors bestowed upon Bertrand include: Business and Professional Woman of Achievement, 1974; New Albany Honorary River Pilot, 1986; Jesse Dickinson Award, 1989; J.C. Penney Golden Rule Award, 1991; VFW Outstanding Community Service Award, 1991; Jeffersonville Commodore of the Port, 1992; and in 1993, the AARP Outstanding Community Service Award; Hoosier Hero by U.S. Sen. Dan Coats, Sagamore of the Wabash from Gov. Bayh.

The Older Woman of the Year recognizes a senior woman for lifetime achievements, volunteer work and civic contributions in her community.

Bertrand will be honored at the 1994 Governor's Conference On Aging in Indianapolis this fall.

SENIOR TIMES

Volume 6, Issue 5
September, 1994
GREEN BANNER PUBLICATIONS

Celebrating Senior Games

Behavioral Health Services of the Medical Center of Southern Indiana recently had the privilege of participating in the 1994 Senior Games in Southern Indiana, organized through the South Central Indiana Council for the Aging and Aged Inc. Hundreds of older adults enjoyed six full days of excitement, competition and fun.

Behavioral Health Services of the Medical Center of Southern Indiana sponsored the Seniors Golf Tournament on June 8. There were approximately 30 participants with awards given for each age category.

Part of the challenge of life is to live as fully as possible at any stage. This applies to the stage of older adulthood as well. While acknowledging the inevitable losses associated with aging, we should not overlook the positive gains which it also makes possible.

Too often we become preoccupied with only the negatives associated with aging. Through their enthusiastic participating in Senior Games, these older adults have shown that there is definitely life to be enjoyed regardless of your age.

If you find yourself at a loss to see something good in growing older, why not participate in Senior Games next season.

235

Honors bestowed for outstanding volunteer community service; governor makes presentations:

Two local women earn prestigious senior awards

Two area women have been selected for prestigious awards, with Indiana's governor doing the presentation honors.

Thelma Bertrand of New Albany, has been named Older Hoosier of the Year by the South Central Indiana Council for the Aging & Aged Inc., and Liberty C. Bauer of Jeffersonville has been selected as Older Woman of the Year by the Council.

Ms. Bertrand will be honored at the 1994 Governor's Conference On Aging in Indianapolis this fall, while Ms. Bauer received her award last week from Bayh at the Indiana State Fair.

The Older Hoosier award is the highest honor bestowed on a senior by the Indiana Family & Social Services Administration - Division of Aging, Disability and In-Home Services and the Governor's Voluntary Action Program.

The award recognizes an outstanding senior (male or female) for volunteer community service which improves the quality of life for others.

The Older Woman award recognizes a senior lady for lifetime achievements, volunteer work and civic contributions in her community.

******

OLDER HOOSIER

Ms. Bertrand is a lifelong resident of New Albany and is married to Paul Bertrand. They have two daughters and three grandchildren.

She graciously declined to give her age, saying only, "Just put down in the 70s."

She was the first executive director of the Area 14 Agency on Aging and was instrumental in its inception. She held that position until 1984 when she became semi-retired.

She remained at the agency in a part-time position as health services director, being responsible for health-related programs for

Tree project, co-sponsored by the Salvation Army. This one-of-a-kind project provides gifts for nursing home residents and/or homebound case management clients. About 400 seniors receive gifts during the holiday season.

THELMA BERTRAND

In 1992, she retired from the area agency so she could devote more time to her volunteer efforts which are too numerous to list.

To capsulize, she is involved in her church, Central Christian, where she is an elder; coordinates office volunteers; and teaches Sunday School.

Ms. Bertrand has special interest in legislation affecting the seniors and has attended the Older Hoosiers Assembly since 1972. She is also active in her local AARP chapter and is a member of the Indiana Federation of Older Hoosiers, of which she has held all major offices.

She serves on these boards: Salvation Army (lifelong member), Providence Retirement Home and the State Adult Guardianship Advisory Board (appointed by Governor Bayh).

She is a founding member of the Harvest Homecoming Festival, Retired Senior Volunteer Program and most recently joined the Area 14 Agency on Aging Advisory Council.

On programs geared to the young, she is active in the Halloween Costume Festival, Red Ribbon Campaign (say "no' to drugs) and Pilot Club Safety Town.

Honors bestowed on Ms. Bertrand:

BPW Woman of Achievement in 1974, New Albany Honorary River Pilot in 1986, Jesse Dickinson Award in 1989, J.C. Penney Golden Rule Award in 1991, VFW Outstanding Community Service Award in 1991 and Jeffersonville Commodore of the Port in 1992.

In 1993, she received the AARP Outstanding Community Service Award, Hoosier Hero by Senator Dan Coats and Sagamore of the Wabash from Governor Bayh.

******

OLDER WOMAN

Liberty Bauer has been volunteering since age 15 when she used her artistic talent to teach and art class to children. That was the start of her long involvement in volunteering.

LIBERTY BAUER

Born in Louisville, she moved to Indiana in 1945 and is a high school graduate who received a two-year art scholarship. She was widowed in 1965 and has two sons, a daughter and four grandchildren.

Retiring in 1993, she taught creative art classes at the Louisville National Youth Administration where she was a supervisor.

She was a mechanical draftsman and illustrator for the Quartermaster Depot; taught art classes at the YMCA; taught craft classes at a craft shop; and worked in a card/gift shop.

Environmental issues have been a concern of Ms. Bauer for some 30 years when started to recycle.

Her motto is "make throwaways into something useful" and she uses her artistic talent to create crafts and other useful items from trash.

See Two local, Page 9

Two local women earn high honors

Continued from Page 6

She is a member of RSVP and Clark Association of Arts & Crafts (since 1966) and has served on the board most of that time, For five years she served as treasurer.

An active member of the Ken Ellis Senior Center, she assists other seniors with arts and crafts and assists with serving the daily meal. Ms. Bauer is involved in the Senior Prom and Senior Games and goes on all center-sponsored trips.

"Liberty is always helping wherever she is needed and never says 'no' when asked to assist," says Ken Ellis Activities Coordinator Sue Johnson.

Ms. Bauer, 76, introduced a new craft idea at the center which is both profitable and popular. Money received from selling the craft goes back to the center for the purchase of additional craft supplies.

A member of Sacred Heart Church, she is a volunteer for the Annual Advent Project which assists needy families by providing them with food and gifts.

She was involved in the church's Girl Scout Troop for 16 years, serving as a troop leader for 10 years. She was a delegate to the National Girl Scout Conference in Washington, D.C. and was awarded the Silver Cardinal Award for volunteerism.

She is also a member of the church's annual festival, supplying craft items for the event. She was a volunteer teacher's aide at Sacred Heart School for five years.

before the date you want your benefits to start, particularly if you plan to start retirement benefits after age 62. In some cases, the choice of a retirement month could mean additional benefits for you and your family.

*****

For answers to all your Social Security questions, call 1-800-772-1213 between 7 a.m. and 7 p.m. weekdays.

Dealing With Depression in Older Adults

Older adults have the highest suicide rate in the country. Every day almost 16 older adults in this country commit suicide.

Depression is the underlying cause in as many as two-thirds of these cases. Since depression is a treatable emotional illness this tragedy can be prevented.

Behavioral Health Services of the Medical Center of Southern Indiana is seeking to increase community awareness and help prevent this problem.

Symptoms such as forgetfulness, inactivity, and deterioration in physical condition are behaviors and feelings we often accept in older adults. Sleeping problems, sadness and withdrawal from friends is seen as part of the aging process.

But for many persons age 65 and over, these responses are not a result of aging. They are symptoms of the common emotional illness depression.

By accurately identifying depression and getting the depressed person to seek professional help, many can experience significant relief.

Many of these troubling symptoms can be reversed and this special time of life can become far happier and more rewarding.

How do you know if an older adult has depression? Depression is more than an occasional feeling of sadness or a natural grieving response to loss. It is a combination of several emotions and behaviors that are long-lasting or recurrent and interfere with a person's normal activities.

If someone you know has experienced several of the following symptoms for more than two weeks consultation with a professional may be helpful:

Feelings of worthlessness, hopelessness, helplessness

Feelings of inappropriate guilt

Persistent sadness or anxiety

Irritability

Unexplained crying

Withdrawal from friends or family

Memory loss or confusion

Changes in sleep or eating patterns

Fatigue

Inability to make decisions

Thoughts of suicide

Overly concerned with physical problems

It may be difficult to get an older adult to seek help with the symptoms of depression. Most older adults were taught to keep their problems to themselves or fear the perceived stigma of emotional illness.

Because depression is such a treatable illness active intervention of family or friends is important.

Counseling or psychotherapy which focuses on the person's grief and loss issues, excessive guilt, daily experiences or difficulty in relationships can be very effective in treating depression in older adults.

The physical condition of the older adult is also important. Many health problems as well as excessive medication can contribute to the symptoms of depression.

Behavioral Health Services of the Medical Center of Southern Indiana offers a full range of services specially designed to treat the symptoms of depression in older adults.

A full range of therapy options and psychological and neurological testing is available. They offer a free initial consultation with a qualified mental health professional.

The services include outpatient counseling, Day Treatment and Inpatient Treatment.

Memorial...

Continued From Page Three

young men from their hometown who died too young for the cause of freedom.

A P-51 Mustang flew over, courtesy of the Aviation Heritage Air Show and retired Brigadier General Elmus Ussery spoke. Town Council President Stan Tucker also spoke and the American Legion Post 204 Color Guard presented an American flag to a relative or friend of each soldier.

Bill Langford was there to honor his brother Norman, a tank driver who died in France in July of 1944. His gratitude to Johnson is unending.

"He grabbed me and sobbed, 'I can't thank you enough'," said Johnson.

"If it hadn't been for her this wouldn't have gotten done. This means more to me than anything I could ever say," said Langford.

Langford said he and two of his brothers fought in World War II. "My parents had three sons in the war. One didn't come back."

He remembers the last time he spoke with his brother Norman. Bill was already in the army and was getting ready to ship off to war. He called home to talk to his family. "I told Norman I was fixing to go overseas and I'd see him when I come back. I didn't know he was going."

Langford said he was in the Philippines when he got the news of his brother's death. His mother didn't want to tell him while he was there but a friend, not knowing he hadn't heard, talked about Norman's death in a letter.

"It will always hurt," said Langford of his brother's death. But the monument fills a long held need. "It's marvelous. It's wonderful!"

The inscription on the monument was taken from the citation of honor given to those who died in the war. It reads, "They lived to bear their country's arms and died to save it's honor."

Below the 14 names is added, "Dedicated July 4, 1994 to the veterans of WWII from this community who so gallantly placed their lives upon the alter of man's freedom."

Johnson is looking for more memorabilia from World War II, particularly pictures that might be donated to the library to be kept in the Indiana room where her book is available. Anyone with such items is encouraged to take it to the library or contact her.

Celebrating Senior Games

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Behavioral Health Services of the Medical Center of Southern Indiana sponsored the Seniors Golf Tournament on June 8. There were approximately 30 participants with awards given for each age category.

Part of the challenge of life is to live as fully as possible at any stage. This applies to the stage of older adulthood as well. While acknowledging the inevitable losses associated with aging, we should not overlook the positive gains which it also makes possible.

Too often we become preoccupied with only the negatives associated with aging. Through their enthusiastic participating in Senior Games, these older adults have shown that there is definitely life to be enjoyed regardless of your age.

If you find yourself at a loss to see something good in growing older, why not participate in Senior Games next season.

Medical Center Participates in Indiana Senior Games

The Behavioral Health Services of the Medical Center of Southern Indiana recently had the privilege of participating in the 1994 Senior Games in Southern Indiana organized through the South Central Indiana Council for the Aging and Aged, Inc.

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If you find yourself at a loss to see something good in growing older why not participate in the Senior Games next season. You won't have to look very far to see that this stage of life has its own richness and vitality.

Carecallers

Continued From Page Two

them when they come home from school and to make sure they have gotten home from school safely.

If you would like more information, or if you would like to begin receiving Care-Caller's services for your loved one, you can call: 246-4918 between 8 a.m. and 5 p.m. Monday through Friday. Leave your name, address, and telephone number after the recorded message to receive your free application.

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The Giveaway:
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The Washington Co. Edition:
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The Scott County Journal &
The Austin Chronicle:
5:00 p.m. Wednesday

Send or call ads to: The Banner-Gazette, Box 38, Pekin, IN, 47165, 967-3176; The Giveaway, 183 E. McClain Ave., Scottsburg, IN, 47170, 752-3171; The Leader, 382 Main Cross St., Charlestown, IN 47111, 256-3377; The Scott Co. Journal & Chronicle, 183 E. McClain Ave., Scottsburg, IN 47170, 752-3171.

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SENIOR TIMES

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237

The Tribune, Monday March 13, 1995

State award winner

The Indiana Family and Social Services Administration awarded its second quarter 'Spotlight Award' to Sherrill Williams, deputy director and fiscal manager of the South Central Indiana Council on Aging and Aged Inc. From left are, Geneva Shedd, director Family and Social Service Administration, Williams, and Bob Hórnyak, deputy director. (Tribune photo by Don Beck)

Nutrition Aware

Did you have breakfast this m ning? Did it include three or m servings from the recommen daily allowance from the F

children, never married, N/S, Seeking

SWCM, 31, clean cut, slim, 5'11", no

FLOYD COUNTY

goer, N/D, N/S. #1937

must be open-minded, honest, a church

cable television. Seeking SWCF, 30-40,

brown/blue, enjoys bowling, country music,

DEFINITELY IN NEED: SWCM, 48, 5'11",

Christian Women Seeking Men

Box 1980

membership only, N/S, love of kids a must

sorship by providing materials designed and written especially for the day.

In past years, registered dieticians, members of the Indiana Dietetic Association, local extension office nutritionists and members of the dairy and nutrition councils have provided volunteer services in

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Page 8 THE BANNER-GAZETTE, Wednesday, March 22, 1995

To Respond To Ads

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Green Banner Publications,
812-967-3176

♥ ♥ ♥ "The

Southern Indiana's Saf

Page 6 THE BANNER-GAZETTE, Wednesday, April 12, 1995

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Scott Co Journal 3/18/95

Nutrition Awareness Day Planned March 29 at Austin Senior House

A special day to educate senior citizens about nutrition and its importance to their health is scheduled Wednesday, March 29, at the Jennings Township Senior Center in Austin.

The Austin site is one of 16 in Scott, Clark, Floyd, and Harrison counties that have been served through the South Central Indiana Council for the Aging and Aged Inc., Area 14, for 21 years.

Each year in March, a statewide observance is planned for seniors as a way of emphasizing nutrition's role in maintaining good health. For March 29, the Indiana Beef Cattle Association is providing materials designed to emphasis this role.

For the observance, senior citizens will enjoy a brief program on the new food pyramid. Jackie Benham, Scott County extension educator with the Purdue extension service, and Carol McGlothlin, program assistant, will be providing the program.

They will also demonstrate simple, nutritious snacks that seniors can make.

The program will be followed by entertainment.

A special meal for seniors is also being planned. The menu will offer roast beef with orange pepper sauce, baked potato with yogurt and chives, festive green beans, and glazed fruit salad.

Any individual age 60 or older is welcome to make reservations for the Wednesday program and meal. Those planning to attend must call the Austin center at 794-4212 as soon as possible. Meals will not be available without reservations.

Festivities are scheduled to begin at 11:30 a.m. The Austin center is located at 92 Broadway Street.

The South Central Council currently serves 700-plus meals per day at nutrition sites in Area 14. Half of these meals are served to home-bound elderly individuals through its Meals on Wheels program.

IN Weekly 3/22/95

Nutrition day celebrated with activities for elderly

The South Central Indiana Council for the Aging & Aged will celebrate the 16th annual Nutrition Awareness Day — March 29 — at nutrition sites in Clark, Floyd, Harrison and Scott counties.

Festivities will begin at approximately 11:30 a.m. and will include nutrition information and entertainment.

The menu for the day at each site will be roast beef with orange pepper sauce, baked potato with yogurt and chives, green beans and glazed fruit salad.

Here are the sites by county, with the phone number to call for more information:

✓ Clark County: Claysburg Towers II, 1306 Wall St., Jeffersonville (283-8976).

✓ Floyd County: Mark Elrod Towers, 1 Wolf Trace, New Albany (945-8861).

✓ Harrison County: New Salisbury United Methodist Church, on Ind. 135N (347-2660).

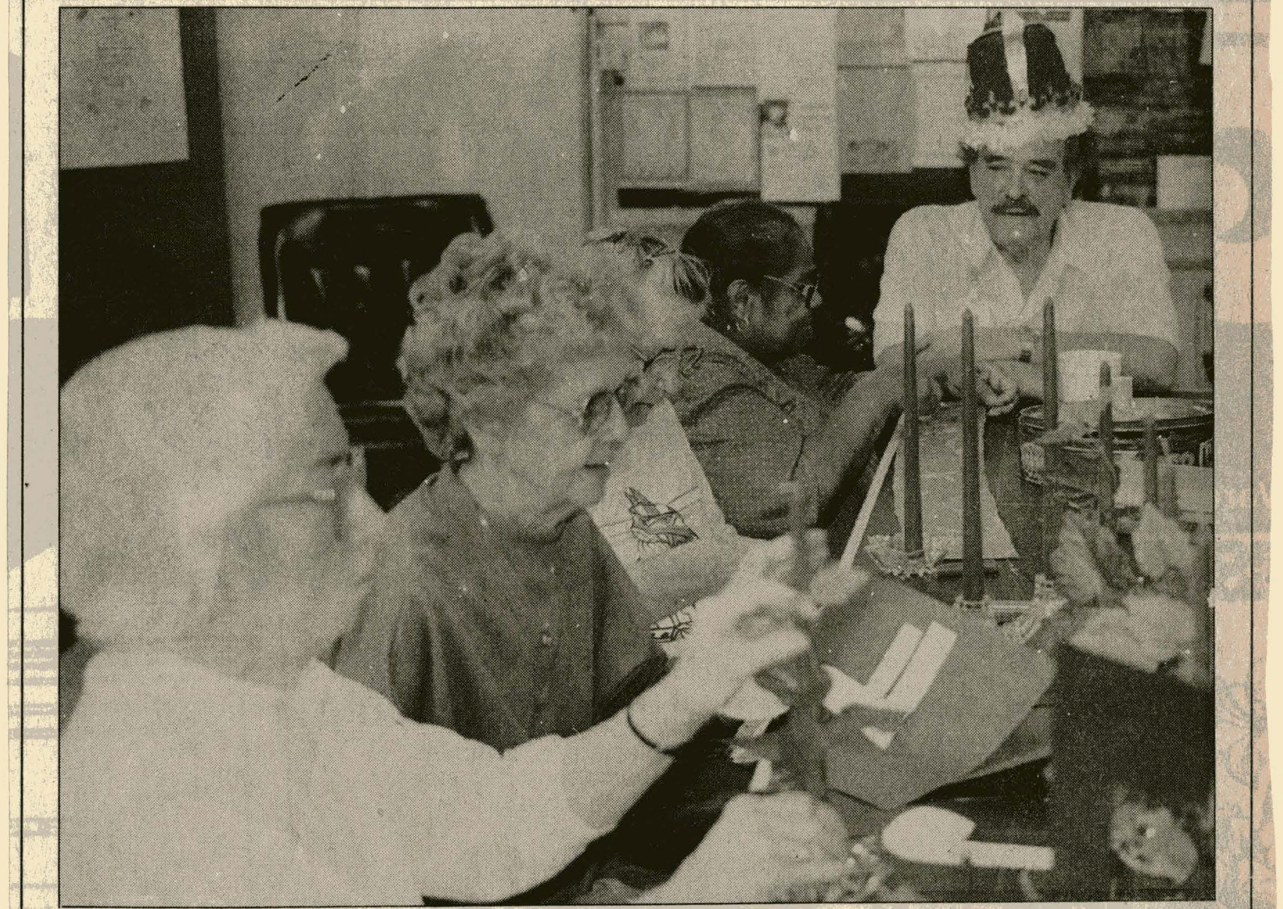
✓ Scott County: Austin Senior House, 92 Broadway (794-4212).

Anyone 60 or older is invited. Reservations are mandatory and can be made by calling the location you plan to attend.

Anyone interested in learning more about the nutrition program for the elderly or finding a site near them, may call the council, in New Albany, at 948-8330.

Information gathered by Staff Writer Ed Schueler

The Sunday Ledger-Tribune, April 23, 1995



Prom night

The seniors at the Ken Ellis Senior Center in Jeffersonville are getting ready for their senior prom tomorrow with the theme 'The Dream Is Still Alive.' (Tribune photo by Don Beck)

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THE BANNER-GAZETTE, Wednesday, March 22, 1995 Page 7

Nutrition Awareness Day

Did you have breakfast this morning? Did it include three or more servings from the recommended daily allowance from the Food Guide Pyramid? Does you diet contain more than 30 percent of calories from fat?

In today's world of rush here, rush there, fast food has become a way of life for most people. Proper nutrition is the foundation to good health for all Americans. This becomes more evident as we age. It is estimated by physicians that one out of each four elderly patients seen is malnourished which weakens their body and is harmful to their health.

Nutrition intervention is the most cost-effective way of preventing, treating and managing chronic and acute health problems and increasing the quality of life of older persons. Reliable, scientific nutrition information can assist older individuals in improving their eating habits to prevent poor nutritional status.

The Elderly Nutrition Program, administered by the South Central Indiana Council for the Aging, Inc., has been addressing the nutritional needs of the elderly in Clark, Floyd, Harrison and Scott counties for 21 years. Currently the agency serves 700+ meals per day in 16 congregate nutrition sites. 50 percent of these meals are served to the frail, home-bound elderly via the "Meals-On-Wheels" Program. The program is funded through Title III-C of the Older Americans Act.

To strengthen the mission of serving the nutritional needs of the at-risk elderly in the area, the Indiana Family and Social Services Administration, Bureau of Aging and IN-Home Services and the Aging Network designates, each year, a day in March as a statewide celebration for seniors as a way of emphasizing nutrition's role in maintaining good health. This year Governor Evan Bayh has designated March 29 at "National Nutrition Awareness Day" across the state of Indiana. This is the 16th annual Nutritional Awareness Day and will be celebrated in 450 nutrition sites across the state. The theme this year will be "Nutrition's Role in Good Health". The Indiana Beef Cattle Association will offer sponsorship by providing materials designed and written especially for the day.

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This year, the South Central Indiana Council for the Aging, Inc., will be celebrating "Nutrition Awareness Day" in several of the nutrition sties in the four county area. Staff will be working in conjunction with some of the local dieticians, nutritionists, etc., in the area to provide expertise in the area of nutrition. Entertainment is planned at most of the locations. The festivities are to begin at approximately 11:30 a.m.

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No. 1 Wolf Trace
New Albany, IN
(812)-945-8861

Clark County:
Claysburg Towers II
1306 Wall Street
Jeffersonville, IN
(812)-283-8976

Harrison County:
New Salisbury UM Church
Highway 135 North
New Salisbury, IN
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Scott County:
Austin Senior House
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Any individual, 60 years of age or older, is welcome. Reservations are mandatory and can be made by calling the above locations. **Meals will not be available to anyone without a reservation.** Persons interested in learning more about the Elderly Nutrition Programs or finding a site near them, may call the South Central Indiana Council for Aging, Inc., at (812)-948-

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The Sunday Ledger-Tribune, April 23, 1995

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Banner Gazette 4/26/95

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Wednesday, June 7, will bring the new event! Miniature Golf will be held on the campus of Indiana University Southeast. After lunch the Cards and Checkers competitions will begin. Participants can choose to play either pinochle, bridge, checkers or euchre.

Thursday, June 8, is the great outdoors day with fishing at Sam Peden Community Park and golf at Twilight Golf Course. Later that afternoon the horseshoes will be ready for ringers at Sam Peden Community Park.

Closing ceremonies will round out the week on Friday, June 8. Participants will have the opportunity to visit sponsors' booths, dance the Duck Dance, win door prizes and show off their medals. The theme for this year will be the Nifty Fifties - break out those poodle skirts and saddle oxfords and join the fun. Graceland Baptist Church will be the site for the closing ceremonies.

Registration forms are available at the Council for Aging, 426 Bank St., Suite 100, New Albany. There is an $8 registration fee that includes a Senior Games T-shirt and admission to all the events. Registration deadline is Friday, May 19.

Call Julie A. Wilson at 948-8330 if you need additional information.

Immunization Clinic Planned

The Floyd County Health Department, located at 1917 Bono Road in New Albany, recently announced its schedule for immunization clinics for the month of April.

Scheduled clinics will be held on the following dates and times:

April 27 .... 3 - 5 p.m.

The May clinic schedule will be every Tuesday morning from 8:30 till 11 a.m. Additional special clinic dates will be announced.

Indiana's immunization law requires that students who will enter grade 6 in the fall show proof of a second measles immunization.

A $2 administration fee per immunization is charged, but no child will be denied shots due to inability to pay.

Children must be accompanied by a parent or guardian and bring their immunization record with every visit to the clinic.

Additional clinics may be scheduled from week to week. You may call 948-4726 for clinic dates and times.

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8 Golden Opportunities Jeffersonville, Ind. Tuesday, March 21, 199

Area seniors will have voice at May Conference on Aging

When the White House Conference on Aging convenes in May, area senior citizens will have an advocate to present their needs and concerns to the people who count.

Louise Wailus Suleiman, a registered nurse and educator, was named the Ninth District delegate to the May 2-5 session in Washington by Rep. Lee Hamilton.

Suleiman, associate professor emeritus of nursing at IUS Southeast, has been actively involved in programs to assist older Hoosiers.

At IUS, she taught gerontological nursing and involved her students in community activities such as the Senior Games, collecting and delivering Thanksgiving food baskets and the Senior Angel Tree.

She is a two-term past secretary of the South Central Indiana Council for the Aging and Aged Advisory Council.

In addition, Suleiman currently serves as president of the Indiana State Nurses Association District 14, which includes Clark, Floyd, Scott, Harrison and Washington Counties.

A major theme of the conference will be the interdependence of generations. The delegates will develop policy recommendations for the president and Congress.

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March 29 a special nutrition day for area senior citizens

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Scott County: Austin Senior House, 92 Broadway, Austin, IN (812) 794-4212.

Any individual, 60 years of age or older is welcome. Reservations are mandatory and can be made by calling the above locations. Meals will not be available to anyone without a reservation.

Persons interested in learning more about the Elderly Nutrition Program or finding a site near them may call the South Central Indiana Council for the Aging, Inc., (812) 948-8330.

Banner Gazette 5/3/95 *

Hamilton Appoints IUS Professor as Delegate

Congressman Lee Hamilton has named Louise Wailus Suleiman, RN, EdD, of New Albany, as the Ninth District delegate to the White House Conference on Aging. The conference will be held in Washington, D.C. on May 2-5.

Suleiman, associate professor emerita of nursing at Indiana University Southeast, has been actively involved in programs to assist older Hoosiers. At IUS, she taught gerontological nursing and involved her students in community activities such as the Senior Games, collecting and delivering food baskets and the Senior Angel Tree. She is a two-term past president of the South Central Indiana Council for the Aging and Aged Advisory Council.

In addition, Suleiman currently serves as president of the Indiana State Nurses Association District 14, which includes Clark, Floyd, Scott, Harrison and Washington Counties.

The 1995 meeting will be the fourth White House conference on Aging, and will be attended by 2,000 delegates. A major theme of the conference will be the interdependence of generations. The delegates will develop policy recommendations for the President and Congress.

Area Council fiscal manager receives Spotlight Award

Sherrill Williams, deputy director and fiscal manager of the Area 14 South Central Indiana Council on Aging and Aged Inc., has been named the recipient of the Spotlight Award for the second quarter of 1994-95.

The award is an employee recognition given jointly by the Family and Social Services Administration and the Indiana Commission on Aging.

Williams was first selected at the local level by her peers at the Council on Aging in New Albany for the theme "Teamwork." Her nomination was then forwarded to the state office where she competed with nominees from 16 area agencies across the state.

"She has been an employee of the agency for 15 years and we are quite proud of her achievements," said Patricia Jewell, director of the local council.

"As fiscal officer, Sherrill exercises sound procedures and quality control that are evident throughout the fiscal department," said a representative of the Indiana Family and Social Services Administration.

"Sherrill and her staff, through their daily work and unflagging work ethic, keep the whole agency running smoothly," she said.

"Year after year, the fiscal staff receives accolades from the Area 14 Agency on Aging board of directors, advisory council, independent auditors and staff of the Family and Social Services Administration," she said.

"She does all this without losing sight of our mission, which is helping seniors," said Mary Jane Phillippe, chairperson of the Indiana Commission on Aging.

"Sherrill has loaded her truck at 6 a.m. to haul supplies for Senior Games or other agency functions. When she and another staffer were asked to do supplemental shipping for the Seniors Citizens Angel Tree project, her truck was full of packages that the driver and passenger were barely visible," Phillippe added.

"The staff and Sherrill deserve all this praise and much more. She and her team demonstrate Teamwork to a capital 'T'."

The award was presented to Williams two weeks ago by state council on aging officials at the local headquarters in New Albany.

Staff photo by Ron Dick

SHERRILL WILLIAMS, center, was presented the Spotlight Award by Geneva Shedd, deputy director of Bureau on Aging and In-Home Services in Indianapolis, and Indiana Commissioner on Aging Jim Goen.

Golden
OPPORTUNITIES
Published as a service for the 50 plus age group by News & Journal, Inc.

Vol. No. 5 May, 1995

Staff photo by Ron Dick

ONE BIG HAPPY FAMILY - At the Henryville Nutrition Mealsite, staffed by senior volunteers, a family atmosphere is evident and among those making this enjoyable environment possible are, from left, Alma Kruer, Loretta Bridgewater, Brenda Naville, Emogene Rafferty, Ruth Carpenter and Mildred Bagshaw. (Story on page 8)

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8 Golden Opportunities Jeffersonville, Ind. Tuesday, May 16, 1995

Henryville mealsite boasts a 'family atmosphere'

BY CEIL SPERZEL
Assistant RSVP Director

Brenda Naville says she "tries to have a family atmosphere" at the Henryville Nutrition Site, where she's been the director for the last 11 years. She has succeeded.

For the 10-20 "senior' citizens who gather there each weekday for lunch, it's a place to keep in touch with people they've known most of their lives.

Mildred Bagshaw "likes to see and talk to the others" and says "we have good times together." Ivory Kleehamer jokes that she comes so she doesn't have to cook at home.

> **"You can't run a meal site without volunteers. They're wonderful to have about."**
>
> **--Brenda Naville**

Mildred and her sister, Loretta Bridgewater, have been regulars at the mealsite ever since it opened around 15 years ago. Another sister, Ruth Carpenter, joined them when she retired.

The three sisters live together, an arrangement that might cause problems for some. But they say they don't knock each other out but about once a day.

Together they form the core of the group that also includes Allie Cochran, Ruth and Orville Payne, Emogene and Adrian Rafferty, Dorothy Robertson (Brenda's mother), Cora Nickels, Ivory Kleehamer and the man they like to call their resident celebrity, Barney Arnold.

Most of the above-mentioned people are Retired Senior Volunteers who help Brenda "do anything she needs." They work together to put the meals on the table and clean up afterward.

Brenda says, "You can't run a mealsite without volunteers. They're wonderful to have about. A few weeks ago, I pulled my sciatica nerve. I wouldn't have been able to come back to work if they hadn't stepped in."

It's a mutual admiration society. They said "we just had to have her here." According to Mildred, "Brenda does extra things. She makes breads and cakes. We're her kids." She even picks them up if they happen to need a ride on a given day.

As you listen to them talk around the dinner table, you realize you really are listening to a family. Someone's brother-in-law is in the hospital. Someone else is getting ready to go on a trip. Another picked up his dinner early because he had a doctor's appointment. You only hear first names. They know each other so well.

After everything's cleaned up, they usually play cards - rook, skippo and euchre. Most days they leave around 2:00 unless it's a wild game.

Then they go off to other pursuits. Cora has spent the previous days accompanying a local elementary school class to the Louisville Science Center. Emogene (who says that just because you get old, doesn't mean you have to stop doing things) and Adrian are members of a Honda Gold Wing (that's a motorcycle - a big one) Club and had just returned from a tour where they were the oldest members present.

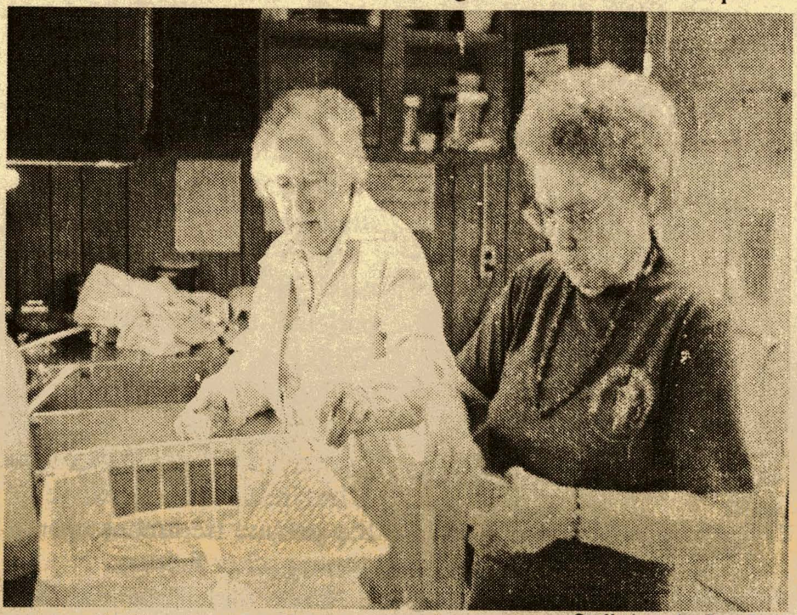
Barney Arnold, forerunner to Fred Wiche, still makes an occasional commercial and is frequently consulted for farm and gardening advice.

But they all return to the mealsite at St. Francis Xavier Catholic Church where they say they go to forget their troubles - a place that "keeps us from losing our sanity. It's always nice to see a smiling face."

Brenda could use one more volunteer at her mealsite. She spends 30-60 minutes each morning delivering meals to the homebound in her area, a job done by volunteers at many mealsites, most of which need more help.

If you'd like to try this or any other kind of volunteer work, call the Retired Senior Volunteer Program (RSVP) at 948-1815. Sponsored by the Interfaith Community Council and funded by the Corporation for National and Community Service and Metro United Way, its function is to match those 55 and over with volunteer positions in the community.

If you have questions about the nutrition program, which is sponsored by the Council for the Aging and Aged, call 948-8330.



Staff photo by Ron Dick

WASHING GLASSES after lunch at the Henryville Nutrition Site are RSVP volunteers Loretta Bridgewater, left, and Emogene Rafferty.

Senior Games Winners

Continued from Page 3

Basketball Toss (Male 75+) - Maurice Spainhour, Howard Jones, Francis Lamanna.

League Bowlers (Female 55-64) - Marie Voskuhl, Thelma Phelps, bronze none.

League Bowlers (Female 65-74) - Lula Kost, Peggy Dean, Dee Spitznagel.

League Bowlers (Female 75+) - Grace Naville, Naomi Eddings, Emma Smith.

Non-League Bowlers (Female 55-64) - Betty Haley, Delores Shireman, Ula Zoellers.

Non-League Bowlers (Female 65-74) - Maxine Carr, Nora Compton, Evelyn Kirk.

Non-League Bowlers (Female 75 +)- Betts Webb, Alma Gresham, Katheryn Mitchell and Elizabeth Owens.

League Bowlers (Male 55-64) - Don Allen, Don Gentry, Larry Davis.

League Bowlers (Male 65-74) - Bob Real, Jim Shireman, Frank Thieneman Sr.

League Bowlers (Male 75 +) -Elmer Geswein, Garold Bennett, Harry Naville.

Non-League Bowlers (Male 55-64) - Donald Ellis, John Arnold, Robert Zoellers.

Non-League Bowlers (Male 65-74) - Paul Endris Sr., E. Ray Smith, Clemence Kochert.

Non-League Bowlers (Male 75 +) - Paul Bertrand, George Walter, Marbry Nelson.

Golf (Female 55-64) - None.

Golf (Female 65-74) - Evelyn Kirk, Janis Hill, Dee Spitznagel.

Golf (Female 75 +) - Mary Enteman, Esther Rhoades, Gladys Blankenbaker.

Golf (Male 55-64) - Don Stephens, Jay Snyder, Larry Davis.

Golf (Male 65-74) - John Stengel, Bill Wolpert, Don McCarty.

Golf (Male 75 +) - Fred Enteman, George Walter, Francis Lamanna.

Miniature Golf (Female 55-64) - Loretta Witt, Betty Scott, Betty Haley.

Miniature Golf (Female 65-74) - Peggy Dean, Charlotte Egan, Bonnie Mayfield.

Miniature Golf (Female 75 +) - Mildred Jones, Naomi Eddings, Lucille Benbrook.

Miniature Golf (Male 55-64) - Ralph Webb, Donald Ellis, Larry Davis.

Miniature Golf (Male 65-74) - Ray Smith, Stan White, Bill Wolpert.

Miniature Golf (Male 75 +) - Maurice Spainhour, Lisle Newman, Virgil Lawrence.

*****

Nursing Home Games

Gold Medal Winners - **Ball Toss**: John Hawkins, Shelby House; Dorothy Buchanan, Westminster; Elinora Grose, Shelby House; Dorothy Bottorff, Providence.

Gold Medal Winners - **Bean Bag Toss**: Mildred Mathes, Indian Creek.

Silver Medal Winners - **Ball Toss**: Ray Shields, Indian Creek; Ruth Lee, Green Valley; Betty Swango, Shelby House.

Silver Medal Winners - **Bean Bag Toss**: Emma Thompson, Providence.

Bronze Medal Winners - **Ball Toss**: Herman Hartman, Providence; Alma Gehrig, Providence; Ceil Koerber, Providence.

Bronze Medal Winners - **Bean Bag Toss**: Elena Pickles, Providence.

Gold Medal Winners - **Ring Toss**: Floyd McMurray, Westminister; Maude Pearson, Scott Villa.

Gold Medal Winners - **Spelling Bee**: Catherine Egan, Providence.

Silver Medal Winners - **Ring Toss**: Clarence Kiesler, Indian Creek; Marline Henriott, Indian Creek.

Silver Medal Winners - **Spelling Bee**: Katherine Elder, Providence.

Bronze Medal Winner - **Ring Toss**: Elmer Mayfield, Green Valley, Linda Eskridge, Providence.

Bronze Medal Winners - **Spelling Bee**: Richard Clark, Providence.

Staff photo by Ron Dick

WILL IT DROP? - Mary Anderson eyes her putt as the ball approaches the hole in the miniature golf event of Senior Games 1995 at Indiana University Southeast. Looking on at right is Suzanne Cash.

S·E·N·I·O·R
GAMES
OF INDIANA

Staff photos by Ron Dick

AND THEY'RE OFF AND WALKING! - The one- and two-mile walk competition in the Senior Games 1995 attracted a large field at the Clarksville High School track.

Senior Games 1995: And the winners are ...

Here's a complete list of the South Central Indiana Council for the Aging & Aged, Inc. 1995 Senior Games winners, with gold, silver and bronze medalists listed in that order:

One-Mile Walk (Female 55-64) - Betty Haley, Rita Webb, Betty Scott.

One-Mile Walk (Female 65-74) - Jean Martin, Alice Samples, Sarah Wardman.

One-Mile Walk (Female 75+) - Marcella Downs, Ethel Eve, Wilma Thompson and Nina Black.

Two-Mile Walk (Female 55-64) - Betty Haley, Rita Webb, Rose Mary Leist.

Two-Mile Walk (Female 65-74) - Jean Martin, Alice Sample, Rose Sarah Wardman.

Two-Mile Walk (Female 75+) - Marcella Downs, Katherine Mitchell, Emma Belle Brown.

One-Mile Walk (Male 55-64) - Dean Scott, Ralph Webb, Robert Zoellers.

One-Mile Walk (Male 65-74) - Bill Sloan, Charles Kimes, Bill Wolpert.

One-Mile Walk (Male 75+) - Fred Enteman, Marbry Nelson, Erland Hedegard.

Two-Mile Walk (Male 55-64) - Dean Scott, Ralph Webb, Don Ellis.

Two-Mile Walk (Male 65-74) - Bill Sloan, Charles Kimes, Bill Wolpert.

Two-Mile Walk (Male 75+) - Fred Enteman, Charles Mitchell, Walter Owen.

Bridge (cards) - Floyd Kallembach, Louise Casner, Al Neumeister.

Checkers - Ralph Rutherford, Paul Phelps, Bertha Butler, Frances Lee and Dean Scott.

Pinochle (cards) - Charles Mitchell, Gladys Blankenbaker, Alma Gresham.

Euchre (cards)- Annette Fouts, Mary Burd, Doris Copler and Elmer Geswein.

Fishing Most Caught - Elmer Geswein, Jim Shireman; Maurice Spainhour, George Messenger; Mary Hise, Paul Freiberger, Walter Owen, Kathleen Wolpert.

Fishing Heaviest Caught - Paul Freiberger, Zelma Rumbley, Kathleen Wolpert.

Fishing Longest Caught - Paul Freiberger, Kathleen Wolpert, Zelma Rumbley.

Waltz Dance - Charles Mitchell and Katherine Mitchell; Millie Shuman and Vic Shuman; Winston Jutz and Martha McCaffrey.

Free Style Dance - Elnora Grose and Gerri Sullivan; James Schneider and Doris Smith; Ruby Davis and Marie Montgomery.

Jitterbug Dance - Winston Jutz and Martha McCaffrey; Paul Phelps and Thelma Phelps; Judy Delaney and Alice Craney.

Polka Dance - Fred Enteman and Mary Enteman; Bill Wolpert and Kathleen Wolpert; Charles Mitchell and Katherine Mitchell.

Two-Step Dance - Stella Hall and Ralph Rutherford; Emma Belle Brown and J. Cullen Brown; Gladys Blankenbaker and Edward Groher.

Fox Trot Dance - Jessie Bennett and Ludie Gunn; Mary Anderson and Robert Anderson; Elnora Grose and Gerri Sullivan.

Charleston Dance - Charles Mitchell and Katherine Mitchell; Paul Phelps and Martha McCaffrey; Elnora Grose and James Schneider.

Basketball Toss (Female 55-64) - Betty Swange, Mary Garvin, Thelma Phelps.

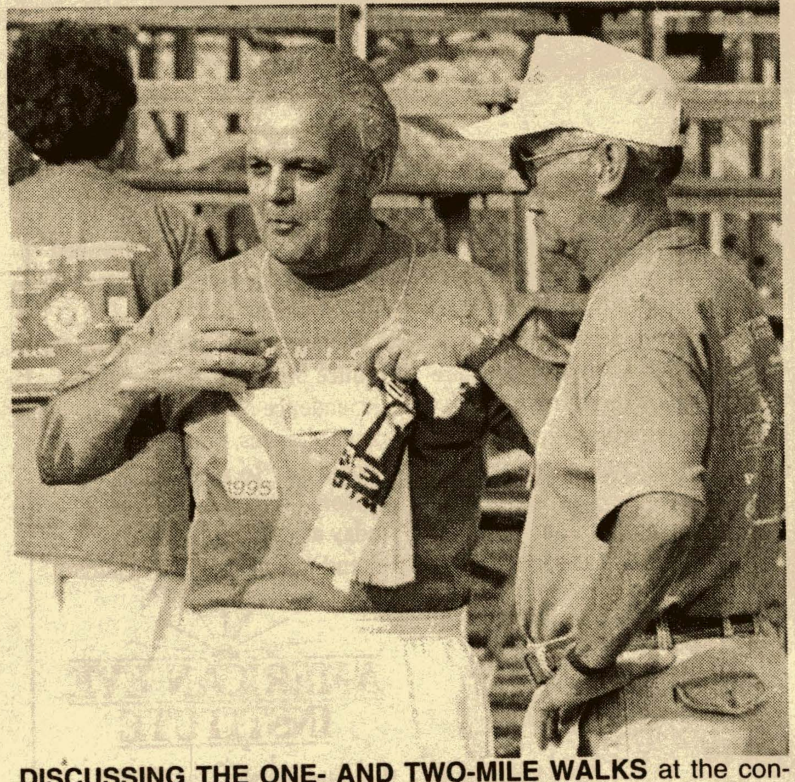
Basketball Toss (Female 65-74) - Evelyn Kirk, Ludie Gunn, Barbara Huffman.

Basketball Toss (Female 75+) - Zelma Rumbley, Mildred Jones, Lucille Brown.

Basketball Toss (Male 55-64) - Larry Davis, James Dreher, Wallace Therac.

Basketball Toss (Male 65-74) - Stan White, James Shireman, Maurice Vest.

(See Senior Games, pg 5)



DISCUSSING THE ONE- AND TWO-MILE WALKS at the conclusion of the events were Dean Scott, left, winner of both in his age division, and Bill Wolpert, a third-place finisher in both in his age bracket.

› by Chuck Branham
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Tribune 6/25/95

A COUPLE OF STRIPPERS — Vicki Rough and her son, Cory, strip paint off the home of Goldle and Debbie Purcell during yesterday's Repair Affair. More than 60 people pitched in to repair 12 homes in Clark and Floyd counties.

(Tribune photo by Matt Stone)

Nailing down help

Volunteers give new life to old houses

By KEVIN LYNCH
Tribune Staff Writer

WHEN a dozen bank executives including a chief executive officer, several vice presidents and a mortgage officer pay an early-morning visit to your house, some people might get a little bit nervous.

But when officers from Community Savings Bank of New Albany showed up at a small, slightly run-down house on East Elm Street, they weren`t bringing bad news. They brought fresh paint and elbow grease.

The group from Community Savings was among 12 teams of volunteers who spent yesterday doing home repairs and household chores for low-income elderly residents in New Albany, Jeffersonville and Clarksville.

Yesterday was proclaimed "Repair Affair Day" by New Albany Mayor Doug England in recognition of the volunteer effort.

The event was organized by a group of friends who had worked on similar repair events in Louisville, according to Lisa

See Volunteers, page A4

Volunteers hammer new life into old homes

From page A1

Thompson, one of the event's coordinators.

In January, Thompson began meeting with friends over lunch to discuss the possibility of putting together a Southern Indiana version of the Louisville event.

After determining a need for the effort and finding a growing number of volunteers, the group had to determine who would qualify for help, and work out the logistics of who goes where.

Teams generally ranged in size from seven to 20 members. Each was assigned to a home; there were five in New Albany, five in Jeffersonville and two in Clarksville.

Eligible homeowners had to be at least 60 years old or disabled and have a very low income to qualify.

Disabled homeowners had to be on disability income to qualify.

A list of candidates for the group's help was provided by several local not-for-profit organizations, such as the South Central Indiana Council for Aging and Aged.

Materials were made possible by corporate sponsorship.

Work ranged from simple painting and yard work, to the more involved tasks, such as installing new floors, subfloors and building wheelchair ramps.

Back on Elm Street, Goldie Purcell and her mother, Debbie, were finally getting a new coat of paint on the exterior of their house for the first time in 15 years.

"I'm just glad to get the help," said Debbie Purcell. "Mother's bedridden and it's a full-time job just taking care of her."

INDIANA

THE COURIER-JOURNAL
MONDAY,
JUNE 26, 1995

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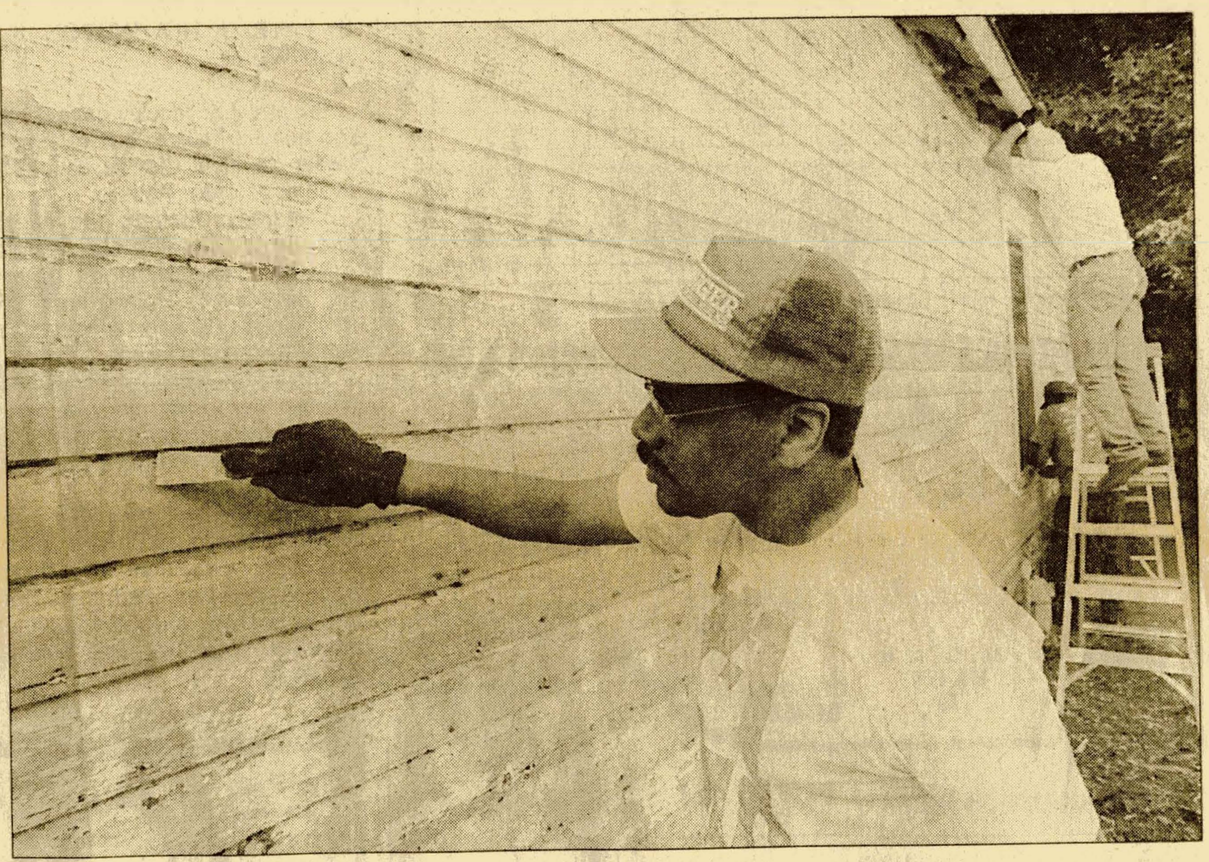
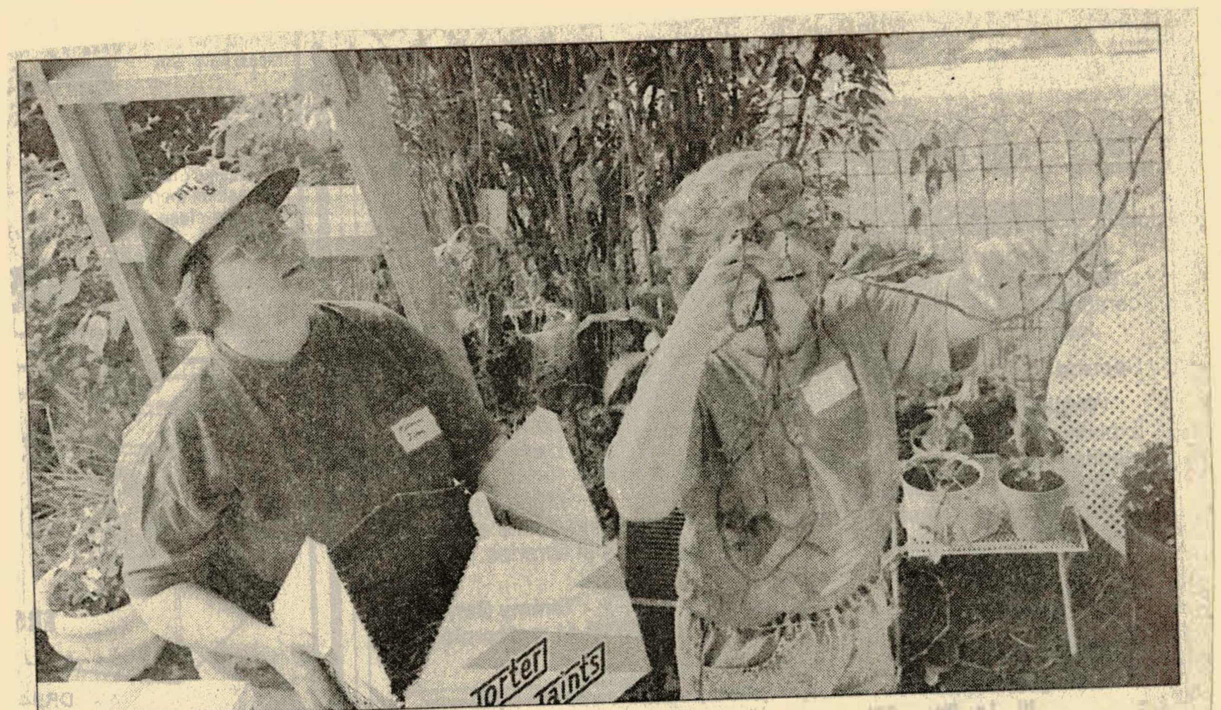
Below, Jack Gavin cleaned leaves from the gutters of Mary Lucille Mills' house as he and other volunteers recently spent time renovating it. At right, Jimmy Campbell scraped paint off the side of the house.



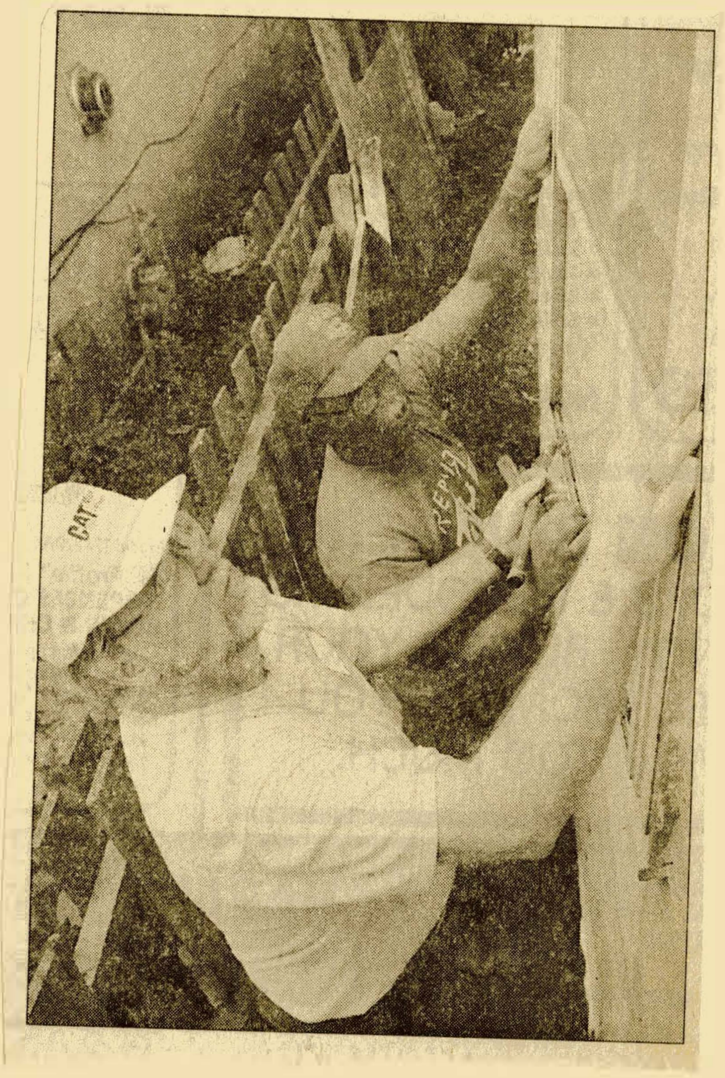
AN OLD HOUSE RENEWED

Churches join forces, provide elbow grease for Repair Affair

Story By DANA THOMPSON • Staff Photos By MICHAEL HAYMAN



Above, volunteers Melanie Zelem and Janice Disbro pulled down Christmas lights from Mills' house. At left, volunteers walked around the house as they continued their work. The dumpster in front of the house was being filled with debris collected from the yard.



Whether preparing food for a special service or serving on the usher board at Wesley United Methodist Church, Mary Lucille Mills, 66, has always pitched in to help.

"Anything they ask me to do, I will do it," said Mills, who has been a member of the Jeffersonville, Ind., church most of her life.

Her church regularly shares services and other activities with Wall Street United Methodist, another local church. And on Saturday afternoon, the two churches returned Mills' efforts in a big way.

More than 20 volunteers from both churches painted the exterior of Mills' home, removed debris and glazed the windows.

Mills, who suffers from arthritis and bronchitis, loves her small four-room home on Watt Street. But it has long needed repairs.

The two Methodist churches were among several local churches, organizations and businesses participating in Southern Indiana's first Repair Affair, which provided free home repairs to low-income, elderly and disabled homeowners in Clarksville, Jeffersonville and New Albany. Carpentry, roofing, painting, plumbing and electrical repairs were made to 12 homes.

it's happening!
orter Paints
Paints

Above, Mary Lucille Mills sat on her porch and watched the progress being made on her house. Below, volunteers Pete Gibson and John Weathers removed storm windows so that the windows could be painted.

The event was coordinated by several volunteers and by New Directions Housing Corp., which oversees development, repairs and management for more than 600 housing units in Louisville and Jefferson County, Ky.

Joe Gliessner, executive director of New Directions, said the organization wanted to provide residents, particularly the elderly, with decent housing.

"People who work with the elderly say that people stay healthier when they are in their own homes," Gliessner said.

Repair Affair began two years ago in Louisville. Gliessner said New Directions wanted to expand its efforts to Southern Indiana.

The Rev. Michael Anderson, Mills' pastor, said he submitted her name to the Repair Affair committee. Both churches asked for volunteers for the project.

Wesley, a predominantly black congregation, and Wall Street, which is predominantly white, have had a close working relationship for about four years.

Wesley member Milton Clayton said their shared endeavors help develop cultural awareness among members; helping others is a part of being a Christian.

"It's a Christian feeling you get when you assist and help people. It doesn't matter which church they're from," he said.

The Rev. Joe Easley, pastor of the Wall Street church, agreed. "It makes a statement to the world around us that people of different backgrounds and races can work together. We're all Christians with the same kind of motivation."

Cathy Rogers, a program coordinator for Repair Affair, said money and materials were provided by city officials, local businesses and organizations in the communities where homes were repaired. About $5,000 was collected for materials, and volunteers provided the labor.

To be eligible, homeowners must have a low income and be at least 60 years old or receiving disability income. They must live in the home that needs repair and be unable to do the work. Homeowners do not have to pay for repairs.

Rogers said about 25 people applied for home repairs this year; 12 were selected. In two years, more than 1,000 volunteers have repaired about 212 homes, he said.

"Initially, we recruited volunteers, now volunteers are recruiting volunteers," Gliessner said.

Rogers would like the project to continue next year. Mills would, too.

"I'm grateful for it, and I hope they come back here and help more people who need it," Mills said.

The next Repair Affair will be in Louisville Sept. 30.

Wednesday, July 12, 1995, THE CORYDON DEMOCRAT, Corydon, Ind. - Page 7

Rides available for senior citizens

The South Central Indiana Council for the Aging is looking for people who want to take advantage of its transportation program for senior citizens.

About 85 individuals now use the system, but there is room for more, said Sonny Brown, one of the two drivers. His wife, Pat, drives the second van, made possible by United Way.

Senior citizens age 60 and older plus those people who are Medicaid certified in Harrison County are eligible. The program has been in effect here about 18 years.

Vans are used to take people to nutrition sites, doctor's office, grocery, drug store, bank, adult day care, social service organizations, nursing home visitation a nd other places.

The hours of service are 8 a.m. to 4:30 p.m Monday through Friday.

A donation of $4 per round trip is suggested, but no one will be refused transportation if they are unable to contribute.

Reservations must be made at least 72 hours in advance.

For more information, call, call 738-4631 or 1-812-948-9701.

New Program, SHIiP, at Hospital In Need of Dedicated Volunteers

Three to five volunteers are needed for a new program being sponsored by the Scottsburg Senior House and Scott Memorial Hospital.

Senior Health Insurance Information Program, known as SHIiP, is a new service to be made available to Scott County residents.

SHIiP volunteers undergo 24 hours of training. Instruction is provided through the Indiana Department of Insurance and covers Medicare, Medicare supplement insurance and long term health care (nursing home) insurance.

When training is completed, SHIiP volunteers provide free assistance to area residents. Workers will answer questions over the phone or work one-on-one to help patients with Medicare or health insurance forms, paperwork or problems.

SHIiP volunteers will need flexible daytime availability, providing about four hours every other week. Work will be performed in a public building, such as the Scottsburg Senior House at 183 South Second Street or Scott Memorial Hospital.

An informational meeting about SHIiP will be conducted at 6 p.m. on Tuesday, Aug. 1, at the Senior House.

Interested persons are welcome to attend and may call Carol Kimberlin at 752-5457 for more information.

Scott Co. Jarnal
7/15/95